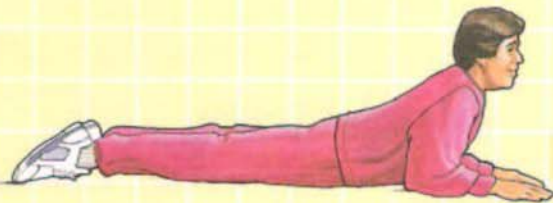


PRONE PRESS-UP

- 1 Lie on your stomach with your feet slightly apart. Rest your forehead on the floor. Relax your stomach and back muscles.
- 2 Keeping your neck straight, push yourself up on your forearms. **Hold for _____ seconds**, then slowly lie back down. **Repeat _____ times.**



CAUTION

- Keep your stomach and hips on the floor.
- Don't arch your neck.

PARTIAL CURL-UP

- 1 Lie on your back with both knees bent, your feet flat on the floor, and your hands crossed over your chest.
- 2 Looking at the ceiling, tighten your stomach muscles and slowly lift your shoulder blades off the floor—no higher than 30 degrees. **Hold for _____ second** then slowly lie back down. **Repeat _____ times.**



Less than 30 degrees

CAUTION

- Don't pull up with your neck.
- Keep your arms relaxed.

THE BRIDGE

- 1 Lie on the floor with your back flat, palms flat on the floor, knees bent, and feet flat on the floor.
- 2 Tighten your stomach and buttock muscles. Slowly lift your buttocks off the floor until there's a straight line from your knees to your shoulders. **Hold for _____ seconds. Repeat _____ times.**



CAUTION

- Use a pillow to keep your neck from arching.
- Don't raise your upper back off the floor.

WALL SLIDE

- 1 Stand with your back and head against a wall, looking straight ahead. Keep your feet 6–12 inches away from the wall and shoulder width apart. Relax your shoulders and tighten your stomach muscles.
- 2 Slowly sink straight down until you feel a stretch in the front of your thighs. **Hold for _____ seconds**, then slowly slide back up. **Repeat _____ times.**



CAUTION

- Keep your head against the wall.
- Don't let your buttocks sink below your knees.