

## Abdominal Workout

- 1) ***Abdominal Curls***
  - a Strengthen Rectus Abdominus - Frontal Midsection
  - b Squeeze Tight, put hands on midsection and feel muscles work. Do not flex neck.
- 2) ***Alternate Oblique Curls***
  - a Strengthens External and Internal Oblique - Lateral Midsection
  - b Lay on side, keep muscles tight. Put lower shoulder into upper knee. knees are together, but up off the floor. Do not flex neck, but can support head.
  - c Do on both sides.
- 3) ***Dual Torso Curls***
  - a Rectus Abdominus and Transverse Abdominus - Frontal Midsection
  - b Lay on back, ground feet to the floor. Spread knees apart feet together. Raise up (crunch) both knees and shoulders.
- 4) ***Reverse Torso Curls***
  - a Rectus Abdominus and Transverse Abdominus - Frontal Midsection
  - b Lay on back feet on floor, knees and feet together. Keep feet off the floor and curl knees only.
- 5) ***Back Extensions***
  - a Erector Spinae
  - b For trunk Strength and stability
  - c Lay on stomach and slightly extend head and shoulders
- 6) ***Stretching Exercises before and after***
  - a lay on back, grab knees and curl
  - b pull up each knee then extend leg
  - c Lay on side top knee up and twist top shoulder back to the floor
  - d Lay on stomach, put arms out front and extend back
  - e Pull back from extension, knees apart and on floor, arms straight out and on floor
  - f Neck - six ways - side/side, Front/back, Twist/twist