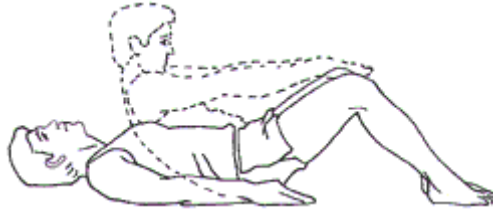


# Abdominal Strengthening



RAISE THE HEAD AND SHOULDERS FROM FLOOR CURLING THE TRUNK. KEEP THE EYES LOOKING UP AT THE CEILING TO MINIMIZE STRESS ON THE NECK.

<b>Repeat:</b>	10 times	<b>Sets:</b>	2
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



RAISE ONE HAND ACROSS AND TOUCH THE OPPOSITE KNEE WHILE LIFTING THE HEAD AND SHOULDER.

<b>Repeat:</b>	10 times	<b>Sets:</b>	2
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



SIT ON A CHAIR OR BENCH. BRING BOTH KNEES TOWARD THE CHEST AND THEN PARTIALLY STRAIGHTEN THE LEGS OUT IN FRONT.

<b>Repeat:</b>	10 times	<b>Sets:</b>	2
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		