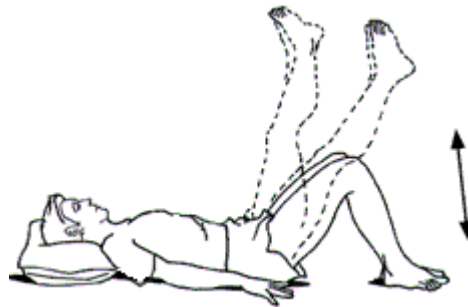


Advanced Abdominal Strengthening



WITH THE HANDS CLASPED BEHIND THE NECK RAISE THE HEAD AND SHOULDERS FROM FLOOR KEEPING THE EYES LOOKING UP AT THE CEILING AND CURLING THE TRUNK.

Repeat:	20 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



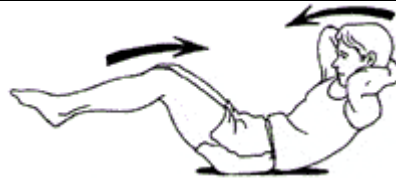
LIE ON YOUR BACK WITH THE LEGS FLAT ON THE GROUND. LIFT BOTH LEGS UP AND MAINTAIN A FLAT BACK AS ILLUSTRATED AND RETURN TO THE STARTING POSITION.

Repeat:	20 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



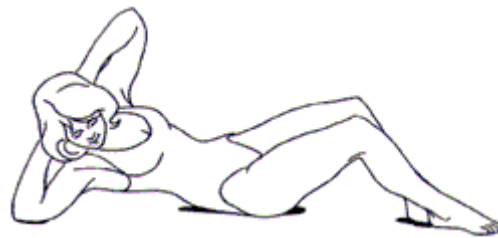
SIT ON A CHAIR OR BENCH. BRING BOTH KNEES TOWARD THE CHEST AND THEN PARTIALLY STRAIGHTEN THE LEGS OUT IN FRONT.

Repeat:	20 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



WITH THE HANDS CLASPED BEHIND THE NECK RAISE THE HEAD AND SHOULDERS FROM FLOOR. SIMULTANEOUSLY BRING BOTH KNEES TOWARD THE CHEST.

Repeat:	20 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



CLASP THE HANDS BEHIND THE NECK. TWIST THE TRUNK AND RAISE ONE ELBOW TOWARD THE OPPOSITE KNEE. REPEAT THE MOVEMENT TO THE SAME SIDE OR ALTERNATE TO THE LEFT AND RIGHT.

Repeat:	20 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		