

Abdominal Strengthening Program

Exercises

Exercise 1: Sit-ups

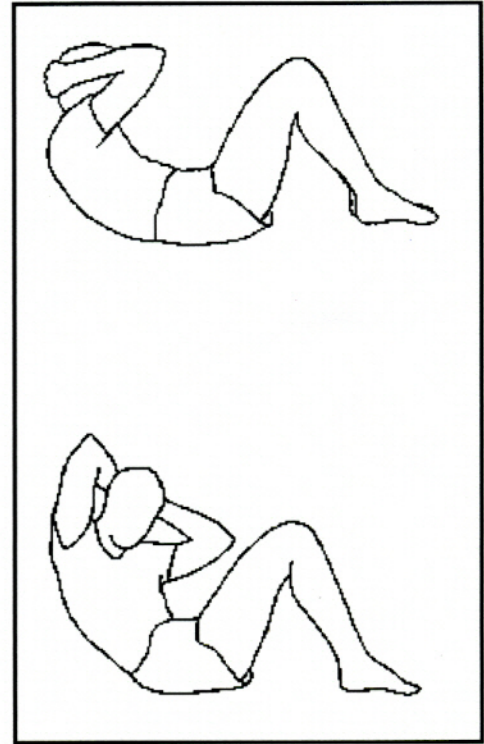
Starting Position: Lie on your back with your hips and knees comfortably bent and your arms folded across your chest (easier) or clasped behind your head (more difficult).

A. Beginner action:

Tuck chin towards chest and slowly bring your shoulders halfway off the floor towards your knees. Slowly lower yourself down to the starting position.

A. Advanced action:

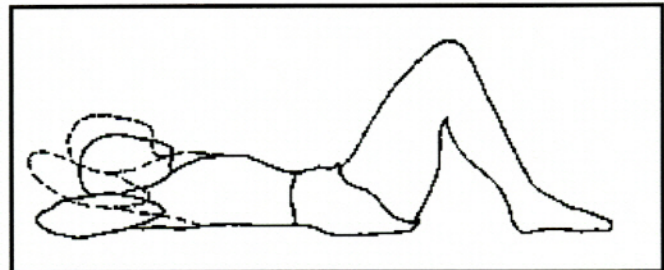
As you come up, rotate your elbow to the opposite knee. Alternate right and left sides.



Exercise 2: Modified sit-ups

Starting position: Lie on your back with your hips and knees comfortably bent and your arms folded across your chest (easier) or clasped behind your head (more difficult).

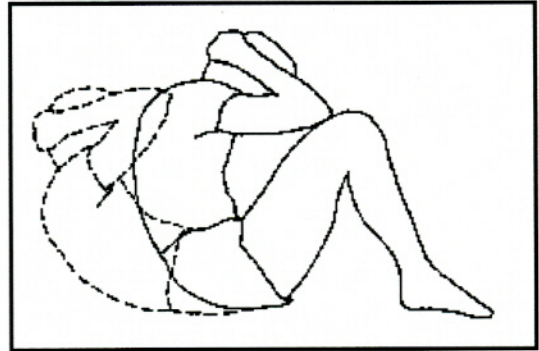
Action: Keeping your eyes focused on the ceiling, raise your shoulders and chest 4-6 inches off the floor. Do NOT tuck your chin. Slowly return to the starting position.



Exercise 3. Advanced abdominal short arcs

Starting position: Lie on your back with your hips and knees comfortably bent and your arms folded across your chest (easier) or with your arms clasped behind your head (more difficult).

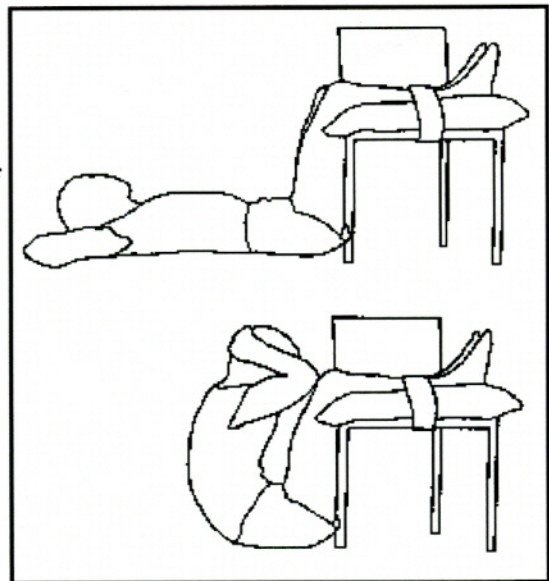
Action: Tuck your chin to your chest and sit all the way up, touching elbows to knees. Slowly lower half way down, without touching the floor. Now, go upwards again, touching elbows to knees.



Exercise 4: Chair sit-ups

Starting position: Lie on your back with your hips bent at a 90 degree angle and rest your legs on the seat of a chair. If you're not strong enough, have a partner hold your legs at the ankles for support or use a strap to stabilize your legs.

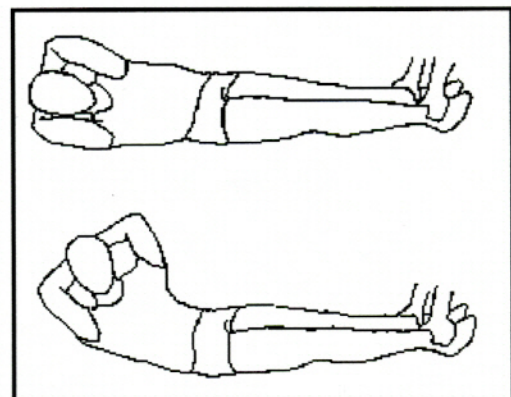
Action: With your hands folded across your chest (easier) or clasped behind your head (more difficult), slowly lift your neck and shoulders off the floor touching your elbows to your knees. Slowly return to the starting position.



Exercise 5: Side-ups

Starting position: Lie on your left side keeping your body and legs straight. Have a partner hold both legs just above the ankle. Place your right hand at your side. Fold your left hand across your chest (beginner) or clasp both hands behind your head (advanced).

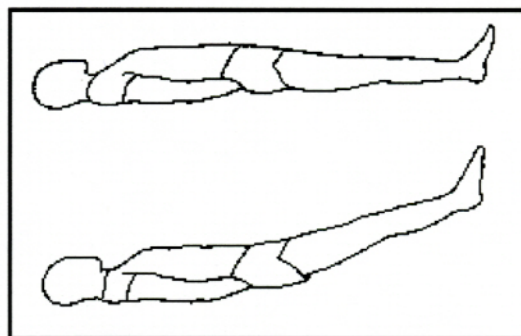
Action: Slowly lift your head and left shoulder off the floor. Return to the starting position. Keep your hips perpendicular to the floor. Repeat the same exercise on the opposite side.



Exercise 6: Bilateral leg lift

Starting position: Lie flat on your back, legs fully extended and tuck your hands under your lower back. Keep your pelvis tilted up and back into the floor.

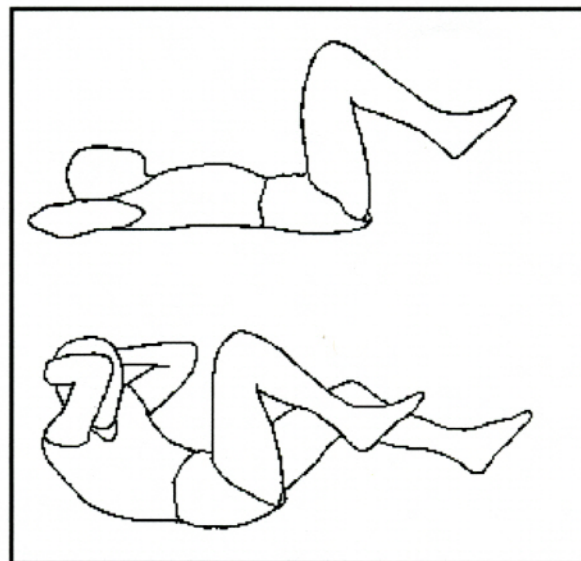
Action: Lift both legs off the floor approximately 8 inches and hold them there for 3-5 seconds. Lower both legs to the floor. Keep pelvis and lower back tilted into the floor at all times.



Exercise 7: Spiders

Starting position: Lie on your back and clasp your hands behind your head. Bend both knees and raise them towards your chest.

Action: Raise your neck and shoulders off the floor. Simultaneously move your right elbow and left knee towards each other while keeping your head, shoulders, and legs off the floor. Repeat with your left elbow and right knee. Never allow shoulders or legs to rest on the floor.



Exercise 8: Basket hang

Starting position: Hang from a chin-up bar with your elbows fully extended and your feet off the ground.

1. Beginner action:

Tighten your abdominal muscles. Pull your knees up to your chest and hold for one second. Slowly lower your legs down.

1. Advanced action:

Tighten your abdominal muscles. With legs fully extended, lift them straight out in front of you, and slowly lower them back down.

