

ABDOMINAL CONDITIONING AND STRENGTHENING

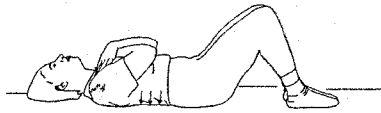


Fig. A

Fig. A.-B.-B2. Exploring your "neutral pelvic position."

1 - To find the neutral pelvic position, lie on your back with knees bent and arms crossed on the chest (fig. A). Gently press the small of your low back into the floor as firm as possible, pause briefly.

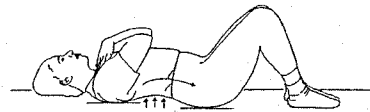


Fig. B

2 - While maintaining the same body position, gently arch the small of your low back and pause briefly (fig. B). Avoid ranges of motion that are painful!

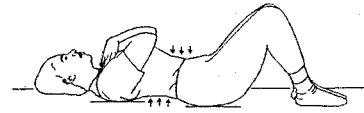


Fig. B2

3 - Find a comfortable position between the points (Fig. A-B) as shown in Fig. B2. Hold that position and pull the lower abdominal region inward. This is referred to as "abdominal hollowing."

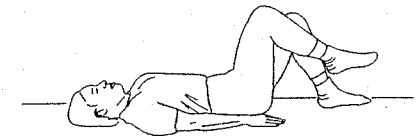


Fig. C. Marching

1 - Repeat steps 1-3 in Fig. A/B above.
2 - While maintaining the neutral pelvic position, raise the right foot off the floor and pause then lower leg. Repeat with opposite leg in a marching type movement (reps _____ X _____ per day).



Fig. D. Alternating Arm Extensions

1 - Repeat steps 1-3 in Fig. A/B above
2 - While maintaining the neutral pelvic position slowly raise your left arm above your head, then lower the arm to the side. Right Left Both (reps _____ X _____ per day).

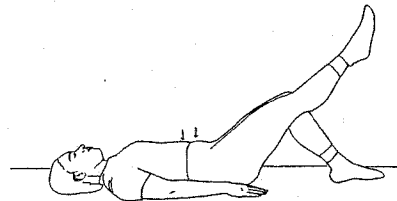


Fig. E. Single Leg Extensions

1 - Repeat steps 1-3 in Fig. A/B above
2 - While maintaining the neutral pelvic position, slowly raise the right leg to the extended position and pause briefly then lower leg down. Right Left Both (reps _____ X _____ per day).

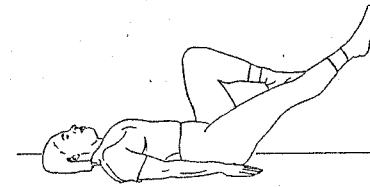


Fig. F. Alternating Leg Extension

1 - Repeat steps 1-3 in Fig. A/B above.
2 - Slowly extend the right leg and simultaneously bring the left knee towards the chest as shown in picture above. Right Left Both (reps _____ X _____ per day).

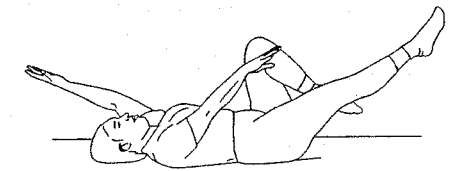


Fig. G. Alternating Arm & Leg Extensions

1 - Repeat steps 1-3 in Fig. A/B above
2 - Slowly move the arm and legs back in alternating, controlled and smooth motion. (reps _____ X _____ per day).

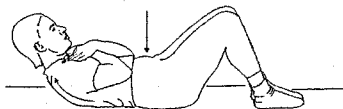


Fig. H. Curl-ups (To obtain pelvic control, stability and abdominal strength)

1 - Repeat steps 1-3 in Fig. A/B above
2 - Before performing, please review how achieve a neutral pelvic position.

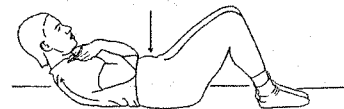


Fig. I. Curls

1 - Repeat steps 1-3 in Fig. A/B above
2 - Slowly "curl" your back upward until your shoulder blades are off the floor. Then slowly return back to the beginning position. This exercise is performed with a slow and controlled motion. (reps _____ X _____ per day).

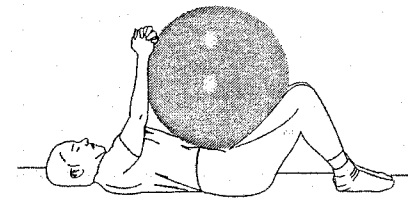


Fig. J. 1 - Repeat steps 1-3 in Fig. A/B above

2- Place the Gym Ball on the abdomen with the arms extended, elbows locked and fingers interlaced. Push firmly into the ball with the arms. (hold _____ secs. & _____ X _____ per day).