

**YOUR DVD CODE: 998 - 269 - 893 - 301**

**1: 998 - Abdominal Draw In**



- Lie on back with head supported and knees bent Draw belly button towards spine and tighten abdominal muscles

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 5s

**2: 269 - Abdominal Draw In with Straight Leg Raise**



- Lie on back with head supported and one leg straight Draw belly button toward spine Slowly raise straight leg up toward ceiling

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 5s Side: Both

**3: 893 - Bilateral Lower Extremity Abdominal Isometric**



- Lie on back with head supported and knees bent Bring both knees up towards chest Resist movement with arms until abdominals tighten

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 5s Side: Both

**4: 301 - Bridge**



- Lie on back with head supported and knees bent Draw belly button toward spine Lift buttocks up

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 5s