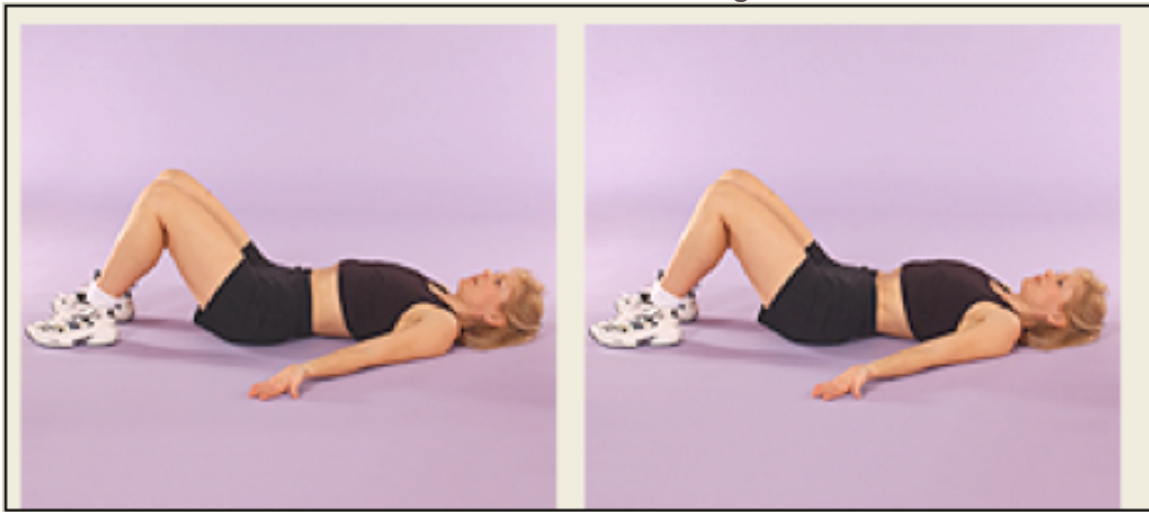
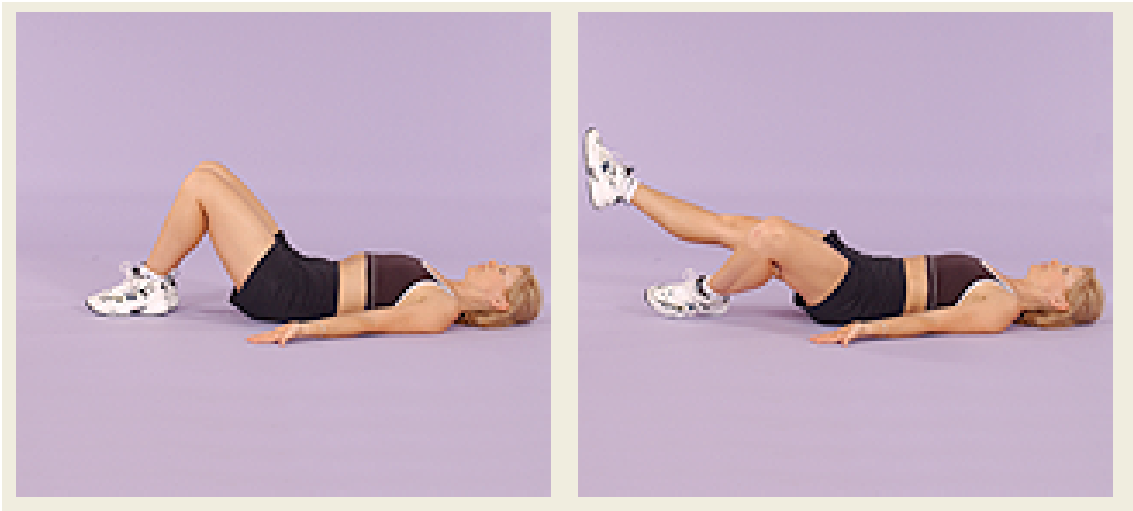


Abdominal Hollowing



Abdominal Hollowing-This is the basis for many core strengthening exercises. For this exercise simply lie flat on the floor with your knees bent. Using your abdominal muscles, draw your belly button straight backwards approximately 2 inches toward your spine. It is important not to just suck your stomach in, as this does nothing. When you do it, if you push on your abdominal muscles you should feel them tightening. Hold this for a few seconds and relax. Repeat this 10 times and do 3 sets.



Supine Leg Lifts-This is the first of many exercises where you incorporate abdominal hollowing to help strengthen the core. Once the abdominal hollowing alone becomes too easy you can add leg lifts to it. From the same starting position as above you slowly lift your right foot off the table while slowly allowing your left leg, knee still bent, to drop to the side. Start by lifting your foot up just a few inches. Once this becomes too easy, gradually work your way up to straightening your leg (as seen above). Then do the same for the opposite side. Do each leg 10 times, alternating back and forth, which is 1 set. Do 3 sets of these.