

PLANK HOLD WITH LEG LIFT



From a push-up position, drop to your forearms. Focus on pulling your abdominals in. Then lift one foot about 6 inches off the ground, keeping hips square to the floor. Hold for 5 seconds & repeat on the other side.

Reps: 3 sets of 3 reps each side. Build time up to 3 minutes,

SIDE FLOOR CRUNCH



Lie on your side with your hips & knees bent. Bend your elbows & rest your hands behind your head. Contract your abdominals and pull your elbow to your hip.

Reps: 2 sets of 10 -15 reps

CEILING CRUNCH



Lie on your back with legs straight and hips bent at a 90 degree angle. Reach straight arms up towards the ceiling & using your upper abdominals, lift your shoulders off the floor, Hold for 2 seconds, all the while keeping legs straight in the air.

Reps: 2 sets of 10 – 12 reps. Build up to 3 sets

REVERSE CRUNCHES

Lie on your back with hips and knees bent. Use your abdominals to curl your knees towards your chest, while supporting your neck with hands positioned at the base of the head.

Reps: 2 sets of 15 -30 reps



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