



*do these at a deliberate pace and warm up your whole body.

1. Pelvic Curl

- Supine, feet hip-width apart, hands face down by your sides
- Exhale, tuck pelvis, peel spine off mat one vertebrae at a time
- At the top, inhale, exhale and drop the sternum to initiate the roll down
- At the bottom, rock pelvis back to neutral and inhale to prepare for next one
- Do 5-8 reps, keeping abdominal wrap activated & ribs down. Deep pelvic tuck. Inner thighs working

2. Spine Twist Supine

- Supine, 'glue' feet and knees together, feet on the floor or legs in tabletop
- Activate core muscles, navel to spine, pelvis in neutral
- Legs fall to one side just 4-6", feet stay put
- Use abs to pull knees back to center
- Alternate sides each time

3. Chest lift

- Hands interlaced behind head; head rests on hands
- Activate core; pelvis in neutral, navel to spine
- Exhale, lift. Inhale at the top; don't 'pooch' your belly. 'Scoop' or flatten.
- Exhale back down
- Do 10 reps, very slowly

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4. Chest lift with rotation

• In chest lift pos, exhale to top, stack hands one on top of the other. They will not shift on each other. Inhale to prepare. You are at the top of the chest lift position: head and chest lifted off the mat, to the bottom of your shoulderblades or where your bra strap is.

• Exhale, take your hands to the side of one knee
Inhale to center

• Exhale to other side, and alternate sides for 10 reps. Go slow, and don't bend to the side. Just rotate, thinking 'shoulder to knee'

To help you think about rotation here: Imagine your standing body has a skewer going from the center of the crown of your head, down through your body's center, and out through the center of your nether-region. Right between your legs. That is your central axis, and in this exercise we are rotating around it. Not bending it as we twist and bend to the side (wrong way). Imagine a towel on your trunk that you are wringing out as you rotate side to side, keeping your rib cage down and in.

5. Frozen knees exercise

• Come to table top position, anchoring ribs on to the mat and keeping TVA pulling towards spine (think navel to spine). (TVA = transversus abdominus)

• Do not move your knees out of this position. Keep the angle exactly the same as you let your feet dip down towards the mat, just a few inches. Inhale as you dip.

• Exhale, using abs to pull knees back in to table top. Don't bring your knees beyond table top, closer to your chest. That lets TVA slacken.

• Do only 10 reps, and don't let abs pooch

6. The Roll Up

• Lay flat on the floor, arms overhead. Press your hamstrings into the floor and have a 'heavy ribcage'. Lift your arms up and over, and exhale as you peel yourself off the floor all the way to a sitting position. Keep your low back rounded and reach forward over your legs. Keep your shoulderblades down on your back!

Hot Tips:

• Don't let your abdominal muscles get fatigued and start to pooch out. It's better to do a few reps perfectly with flat abs, than to power through and pooch.

• Work slowly. Keep your focus and try to perform the exercise perfectly.

• Use the SHH breathing. Use it to deepen the contraction of your ab. muscles as you work.