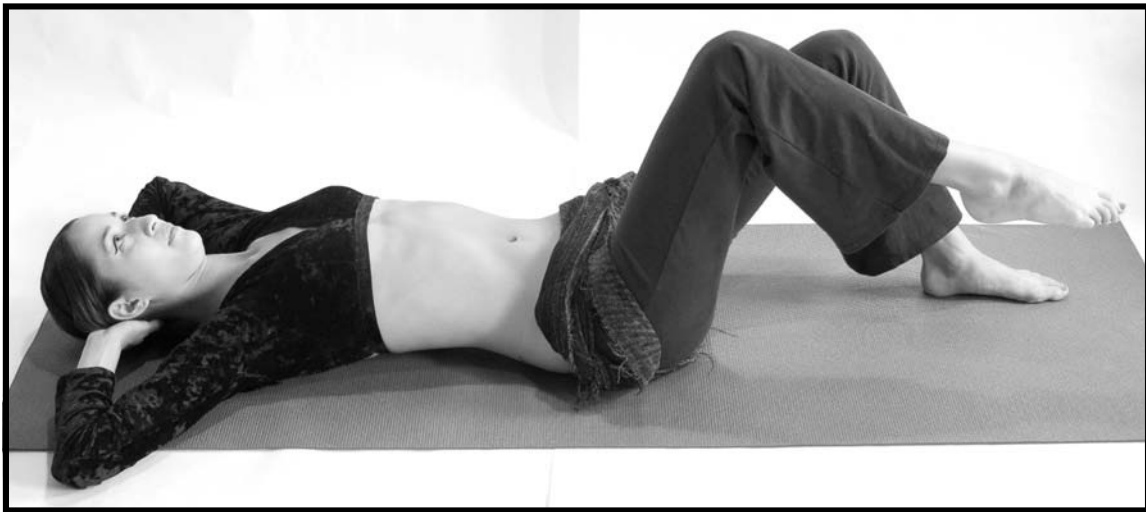




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### **Abdominal Strengthening - Leg Variation 1**

With this exercise, really focus on core control. Begin in the same position as the previous exercise, with both feet flat on the floor. Maintaining neutral pelvis, try lifting one foot and let it hover a few inches above the floor. If you notice that your abs start to push out as the foot lifts, work toward keeping them pulled in toward the spine. Also make sure that your pelvis isn't tilting to counter the motion of the leg. Try this on the other side and keep practicing this exercise until your abs and pelvis maintain their positions. You might be surprised by how long this can take to master. It's easy to transfer the work that the core should be doing in this exercise to other parts of the body. So make sure that your core is able to handle this initial exercise in strength and stability before moving on. Once you're ready, try adding the basic lift of the upper torso to work the abs. 12 cycles on each side.



### **Abdominal Strengthening - Lower Abs**

This variation focuses in on the Lower Abs and is great for Abdominal Isolations and every shape involving the Forward Up Hip isolation. From the basic ab strengthening position, roll up a towel and gently squeeze it between knees and inner thighs. Continue with your basic abdominal strengthening lifts and you should feel an added intensity in the lower abs as you squeeze the thighs together. 24 cycles.



### **Abdominal Cross Over**

From the basic ab strengthening position, bring one knee into the chest and then cross the ankle over the opposite knee. Relax the lifted leg, letting the knee open to the side. Lift the upper torso up with the shoulder reaching toward the opposite knee. Think of remaining open across the shoulders and arms and keep length in the neck, instead of curling forward. This exercise focuses on the obliques and helps with Hip Twists, Side Hips, Down Hips, Ribcage Isolations, upper body stability, and posture. 12 cycles each side.

