



Abdominal Strengthening: Maintaining **Neutral Pelvis**, rest the fingertips behind the head and lift the ribcage off of the floor while keeping the chest and face parallel to the ceiling. Try not to lead with the head curled in, breaking spinal alignment. Try to complete 40 lifts.



Abdominal Cross-Over: Staying in **Neutral Pelvis**, think of lifting the R shoulder up and across to the L knee, without coming too far off of the ground. Repeat 16 cycles on each side.



Slow Roll-Up/Roll-Down: Starting in **Neutral Pelvis**, think of very slowly peeling up off of the floor starting with the head followed by one vertebrae at a time until you're sitting up. Try to go incredibly slow and keep the feet in contact with the floor. Repeat the opposite sequence to roll down to your starting position. 3 more cycles.