

Seated Lateral Bends (Abs)



1. Sit with both your legs fully extended.
2. Raise your **right arm** over your head.
3. Slowly **lean to the left**, keeping your abdominal (stomach) muscles tight.
4. Return to your starting position.
5. Repeat on the other side by raising your **left arm** and **leaning to your right**.

Repeat for ___ repetitions and ___ total sets.

Scan the QR code to watch a video demonstration of this exercise.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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