

Negative Crunches

Begin



Mid



End



Pelvic Tilt

Begin



Mid



End



Abdominal Crunch



Begin



Mid



End



Crunch Abs and Leg Lift

Begin



Next



Next



Next



End



Leg Lowering Taps

Begin



Next



Next



Next



End



Diagonal Curl-up “Obliques”

Begin



Next



Next



Next



Next



End



Reverse Curls

Begin



End



Knees to chest



Modified Cobra



Stretches

Cat/Cow

Begin



Mid



End



Neck

Begin



Next



Next



End

