

# Active Health Solutions

## Abdominal Strengthening



### **Curl up**

With your hands on your thighs, tilt pelvis to flatten back. Raise head and shoulders from floor as you slide hands up the thigh towards the knees. Keep your lower back in contact with the floor. This exercise can also be performed with feet on the wall or on a stability ball.

Repeat \_\_\_\_\_ times per day  
Do \_\_\_\_\_ sets per session  
Do \_\_\_\_\_ sessions per day



### **Diagonal Curl Up**

With arms at sides, tilt pelvis to flatten back. Raise head and shoulders, rotating to each side as shoulder blades clear floor, and slide hand up opposite thigh toward the knee.

Repeat \_\_\_\_\_ times per day  
Do \_\_\_\_\_ sets per session  
Do \_\_\_\_\_ sessions per day



### **Lower Trunk Rotation**

Bring both knees in to chest. Rotate from side to side, keeping knees together and feet off floor.

Repeat \_\_\_\_\_ times per day  
Do \_\_\_\_\_ sets per session  
Do \_\_\_\_\_ sessions per day



### **Full Body Abdominal Curl Up**

With knees bent and arms crossed, raise head, shoulders and knees toward each other.

Hold \_\_\_\_\_ seconds  
Repeat \_\_\_\_\_ times per day  
Do \_\_\_\_\_ sets per session  
Do \_\_\_\_\_ sessions per day



### **Front Plank**

Begin on your knees with the elbows directly beneath the shoulder. Establish a neutral pelvis and tighten core muscles. Progress to front plank on your toes, then to plank on the ball.

Hold \_\_\_\_\_ seconds

Do \_\_\_\_\_ sets per session

Do \_\_\_\_\_ sessions per day



### **Stir the Pot**

Starting on your knees in a plank position with your elbows on the stability ball, make small circles. Progress to plank on your toes.

Repeat \_\_\_\_\_ circles in each direction

Do \_\_\_\_\_ sets per session

Do \_\_\_\_\_ sessions per day