

Active Health Solutions

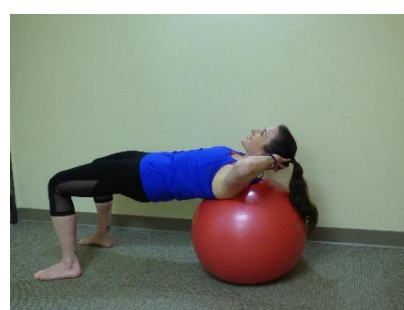
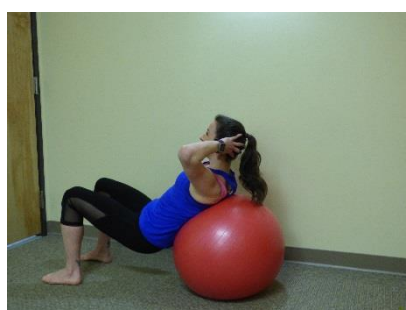
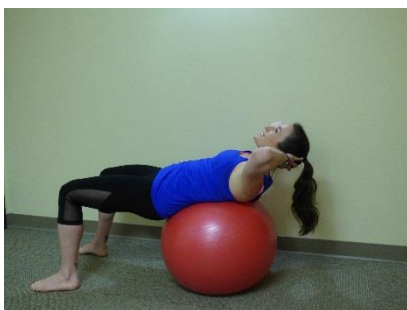
Curl Up Sit Back - Abdominals



Make sure you...

- Maintain neutral pelvis.
- Maintain abdominal bracing/kegel.
- BREATHE.
- Drop down to an easier step if you cannot maintain proper form.
- Do the exercise slowly.
- STOP if pain is aggravated, but muscle burn is OK.
- Avoid chin poking.

	Repetitions
	Sets
	Second Hold
	Times per day/week



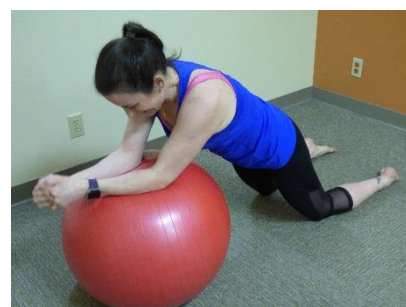
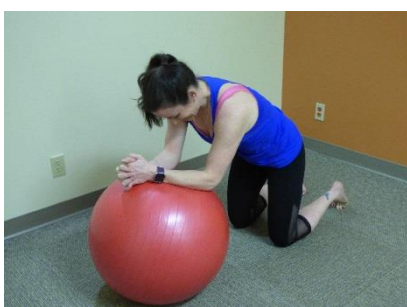
1. Lie with middle of the back on the ball and do trunk curls.
2. Do crunches, starting low on ball and progress higher on the ball until exercising in extended position.



3. Middle of back on the ball, perform partial truck curl; pull pulley or exercise tubing in rotary direction (elbows should stay extended, move from waist and not shoulders or arms). Progress by adding resistance.



4. Starting with the ball under the abdomen, roll forward using hands, keeping legs on the ball. Walk out on hands letting the ball roll down the body. Walk as far as strength and balance allows and return to starting position. Keep spine in optimal posture by tightening abdominals and buttocks.



5. Starting on your knees with your forearms on the ball, roll the ball away until your back is straight. Return to the starting position.