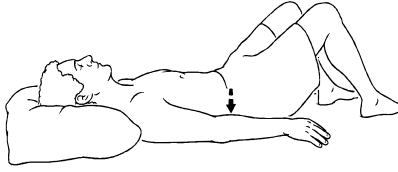


Advanced Core Exercises and Stretching

If you have any physical limitations or special exercise needs, contact your Orthus Health Coach.

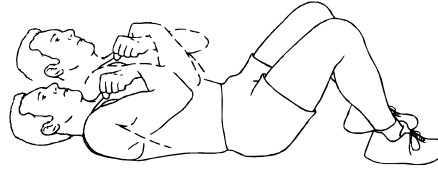
TRUNK STABILITY - Isometric Abdominal



Lying on back with knees bent, tighten stomach by pressing elbows down. Hold ___ seconds.

Repeat ___ times per set. Do ___ sets per session. Do ___ sessions per day.

ABS - Crunch: Bent Knee



Arms crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do ___ sets. Complete ___ repetitions.

ABS - Crunch: Raised Leg

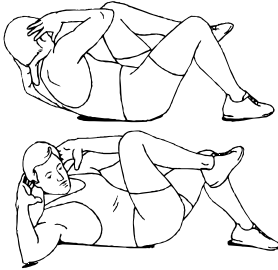


Arms crossed, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do ___ sets. Complete ___ repetitions.

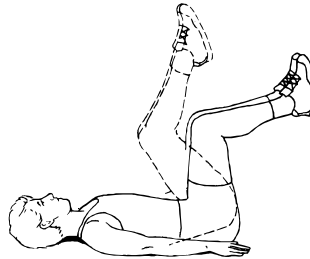
ABS - Crunch: Twist, Bent Leg, Alternating

Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.



Do ___ sets. Complete ___ repetitions.

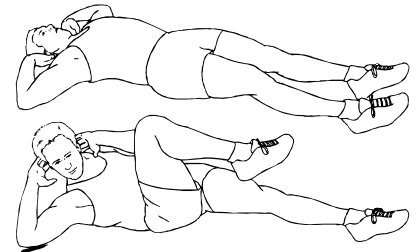
ABS - Crunch: Reverse



With knees at 90° angle, tighten abdominals, curl hips up until low back clears floor.

Do ___ sets. Complete ___ repetitions.

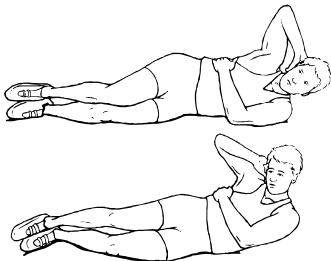
ABS - Crunch: Scissor Kick/Twist



Tighten abdominals, raise upper body, twist to side, touching elbow to opposite raised knee. Alternate sides.

Do ___ sets. Complete ___ repetitions.

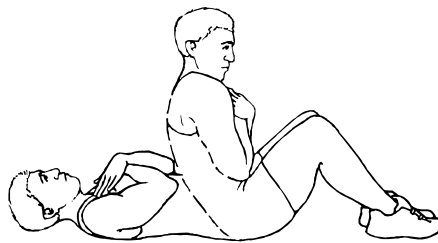
ABS - Crunch: Side



With knees bent, tighten abdominals, flex upper body upward, moving elbow toward hip.

Do ___ sets. Complete ___ repetitions.

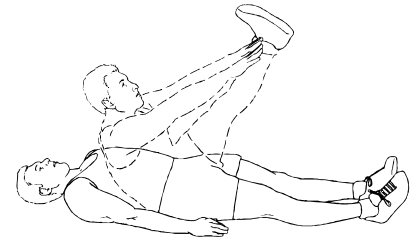
ABS - Sit-Up: Bent Knee



Arms crossed, tighten abdominals, bend at waist, curling upper body toward knees.

Do ___ sets. Complete ___ repetitions.

ABS - Sit-Up: Jack Knife, Alternating



Tighten abdominals, simultaneously raise upper body and one leg, attempting to touch hands to foot or ankle. Alternate legs.

Do ___ sets. Complete ___ repetitions.

CHEST AND ABDOMEN - Abdominals (Mild)

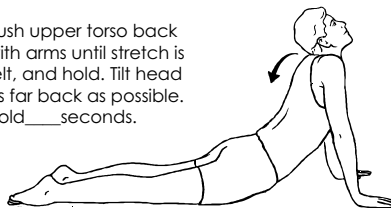
With hands in small of back, arch back until stretch is felt. Hold ___ seconds.



Do ___ sets. Complete ___ repetitions.

CHEST AND ABDOMEN - Abdominals

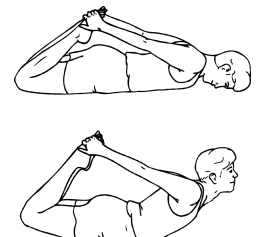
Push upper torso back with arms until stretch is felt, and hold. Tilt head as far back as possible. Hold ___ seconds.



Do ___ sets. Complete ___ repetitions.

CHEST AND ABDOMEN - Abdominals and Pectorals

Grab both feet below ankles. Arch back and pull feet toward head until stretch is felt. Hold ___ seconds.



Do ___ sets. Complete ___ repetitions.