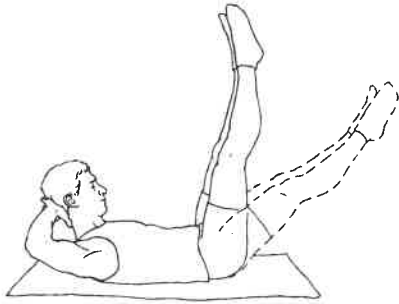


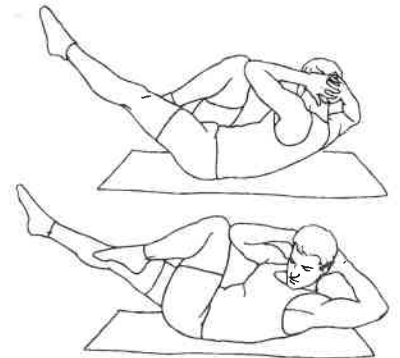
Abdominal - Lower Lift
(Intermediate / Advanced)



Lie on back, legs straight up, slightly turned out, heels touching. Hands behind head, lift head and upper torso. Exhale, lowering legs to 45°. Inhale, returning. Keep head and torso up, low back flat.
Repeat 8-10 times. Do 1 sessions per day.

INTERMEDIATE - Crisscross

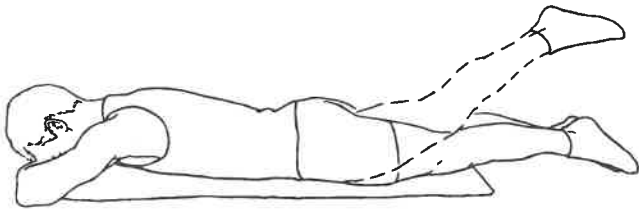
Lie on back, legs bent to chest, hands behind head. Exhale, lifting head and upper torso. Twist torso and elbow to opposite knee, extending other leg to 45°. Inhale, twisting to other side, changing legs.



Repeat 8-10 times.
Do 1 sessions per day.

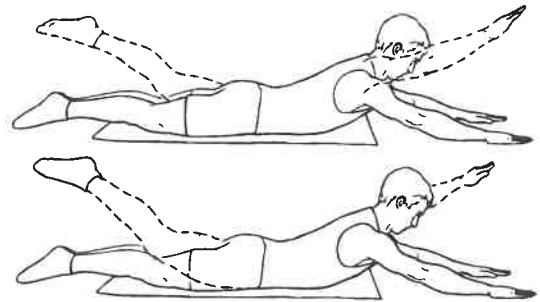
NOTE: Keep navel to spine, back flat.

INTERMEDIATE - Prone Single Leg Raise



Lie on stomach, forehead on hands. Exhale, raising one leg, front of hip on the mat. Inhale, lowering leg.
Repeat 8-10 times, alternating legs.
Do 1 sessions per day.

INTERMEDIATE - alternating superman hold



Lie on stomach, arms extended, hands down, shoulders pulled down. Exhale, pressing arms down to lift upper body slightly. Inhale, raising right arm and left leg. Exhale on return. Inhale, raising left arm and right leg.

Repeat 8-10 times, alternating.
Do 1 sessions per day.

INTERMEDIATE - Frog kicks

Lie on back, legs bent in, slightly turn out, heels touching. Exhale, extending legs out to 45°, keeping heels touching. Inhale, bringing knees back in.

Repeat 8-10 times. Do 1 sessions per day.



BEGINNER: Keep feet parallel.

Intermediate - Single Leg Raise



Lie on back, one leg bent, other leg straight on mat. Inhale, raising straight leg toward ceiling. Keep hips on mat. Exhale, lowering leg to mat.

Repeat 8-10 times. Repeat with other leg.
Do 1 sessions per day.