

## Clinician Notes

abdominal exercises

STEP 1



STEP 2



### Supine Core Bicycle

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your back with your knees bent, feet resting on the floor.

#### Movement

Lift your legs to a 90 degree angle, then move them in a pedaling motion.

#### Tip

Make sure to keep your back flat against the floor during the exercise.

STEP 1



STEP 2



### Supine 90/90 Abdominal Bracing

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your back with your knees bent and feet resting flat on the floor.

#### Movement

Tighten your abdominals and lift one leg up to a 90 degree angle, then lift your other leg to the same position and hold, keeping your abdominals tight. Then lower each foot in the same order.

#### Tip

Make sure to continue breathing normally during the exercise and keep your low back flat against the floor.

STEP 1



STEP 2



### Diagonal Curl Up with Arms Crossed

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your arms crossed over your chest.

#### Movement

Slowly curl your body diagonally upwards to one side. Return to the starting position and repeat to the other side.

#### Tip

Make sure your low back stays flat on the floor. Do not let your chin jut forward during the exercise.

STEP 1



STEP 2



### Oblique Bicycle Crunch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your hands behind your head.

#### Movement

Lift your legs and your shoulders off of the floor and alternate straightening one leg and then the other while you also turn your upper body toward your knee that is bent.

#### Tip

Make sure to keep your back flat against the floor during the exercise.