Clinician Notes
abdominal exercises

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.

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.

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.

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.

Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.