

Abdominal Taps



Begin in the 90/90 position. Lower one leg in a slow and controlled manner until your heel touches the table. Then you will simultaneously move the legs; one leg comes up to the 90/90 position while the other lowers to touch the table.

Dying Bugs



Begin with one knee in the 90/90 position and the opposite arm extended overhead. Simultaneously, switch your arm and leg alternating back and forth. Envision yourself looking like a dying bug on its back.

Active Straight Leg Raise



Using a band, towel, etc. lift one leg up to a 90 degree angle at the hip while keeping your back flat on the table. Keep the other leg straight and engage your abs!

Actively lift the other leg to meet the other.

Begin to lower the active leg.

SLOW AND CONTROLLED WHILE KEEPING YOUR HIPS LEVEL AND MAINTAINING YOUR CORE CONTROL!!!