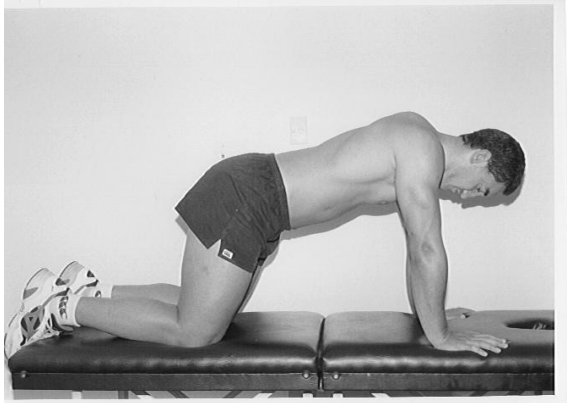
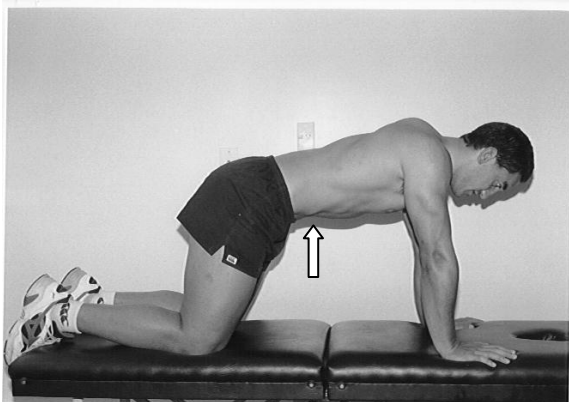




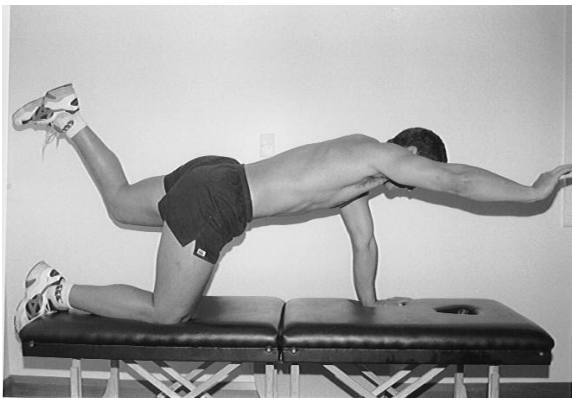
4 point kneeling - Transverse Abdominals



- Place hands under shoulders
- Knees under hips
- Find point where back is flat
- Let stomach sag and feel heavy or full



- Keeping back flat-draw your belly button up towards your spine
- Breathe normally.
- Pull up your pelvic floor.



- Concentrate on keeping your back still and stomach tight- lift opposite arm and leg
- Hold _____ seconds
- Repeat _____ times