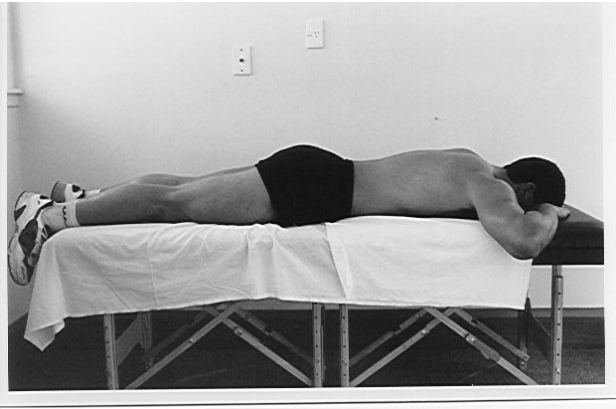
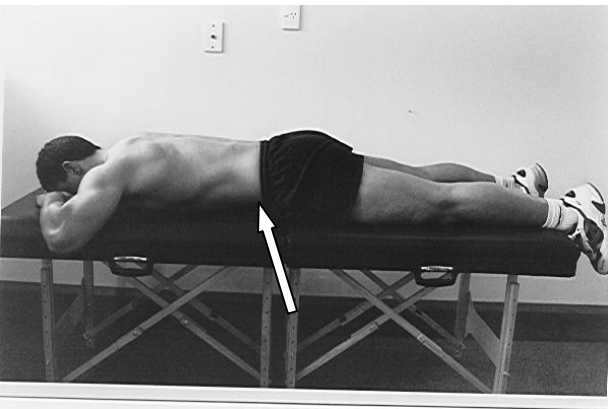




Prone Transverse Abdominals (TA)

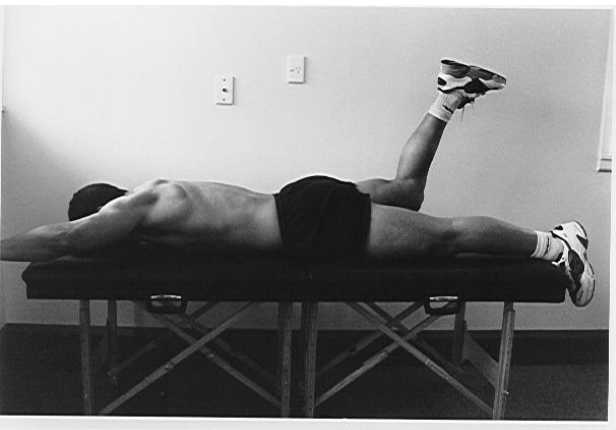


- Lying on your stomach



- Draw up and under with transverse abdominals, shrinking your waist, while keeping the back in a neutral position
- Hold _____ seconds

Prone TA with leg and arm lift



- Maintain the position as above and then lift the opposite arm and leg.
- Be sure to maintain the lumbar spine in neutral and not roll your weight on to the other leg.
- Hold _____ seconds