



Lower Abdominal Exercise Progression Continued



#45A + 45B Alternating Leg Reach

Pelvic tilt, keep one knee bent with foot flat on floor. Slowly straighten other leg and keep the leg several inches off the floor. Hold for 1 full breath and bend leg back to starting position. Maintain pelvic tilt throughout exercise. Repeat with other leg.



#47A + 47B Level 5: UP-UP-DOWNDOWN leg movements legs to 90°.

Start with a pelvic tilt. Lift the right leg up to 90° (perpendicular to the floor). Hold a strong tilt and lift the left knee up to 90°. Now lower the right, then the left. Alternate starting with each leg. Do 1 set of 20 tilts. Gradually build up to 20 reps with no relaxed tilt. Progress to double tray position if possible.



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