



## Lower Abdominal Exercise Progression Continued



### #48 Level 6: Alternating one leg slide on floor.

Begin with a pelvic tilt. Lift the right knee up to 90° and hold. Lift the left knee up to 90° and hold. Place the right heel on the floor and slide out until your leg is straight. Slide back along the floor and return to the 90° position. Repeat the slide with the left leg. Lower each leg down to the floor and relax the tilt. Do 1 set of 20 tilts. Gradually build up to 20 reps with no relaxed tilt. Progress to double tray position if possible.



### #49 Level 7: Alternating one leg reach in air.

Begin with a pelvic tilt. Lift the right knee up to 90° and hold. Lift the left knee up to 90° and hold. Reach the right leg straight out about 6" above the floor until it is straight. Return the leg to the starting position and reach with the left leg. Lower each leg down to the floor and relax the tilt. Do 1 set of 20 tilts. Gradually build up to 20 reps with no relaxed tilt. Progress to double tray position if possible.

