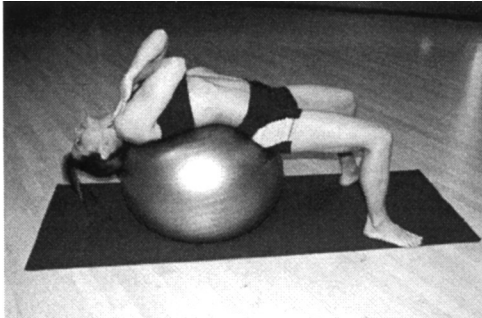


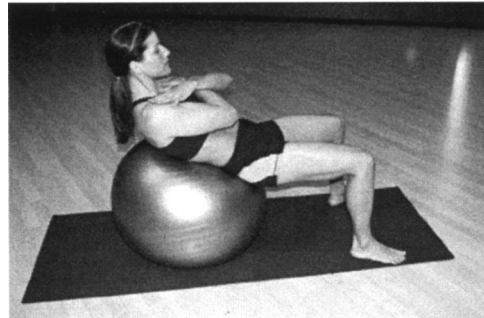
Swiss Ball Crunches

Lie on back on Swiss ball with feet firmly planted on the ground and head back against ball (if this makes you dizzy consult your doctor). As you exhale and pull your belly button toward your spine, slowly roll your spine forward beginning at your neck and ending at your pelvis. Hold for as long as possible then slowly lower yourself back to the start position while inhaling.

Start (Inhaling and Relaxing)



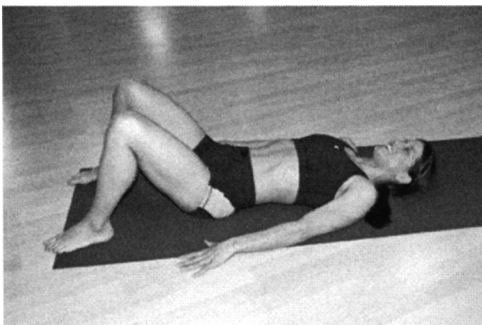
Finish (Exhaling and Contracting)



Hip Raises

Lying on floor with knees bent and feet flat on the floor slowly exhale as you raise your hips up off the ground as high as possible while keeping your shoulders flat on the ground. Contract your buttocks, hamstrings, and abdominals (bringing belly button toward spine). Hold the position as long as possible then slowly lower back to the start position while inhaling.

Start (Inhaling and Relaxing)



Finish (Exhaling and Contracting)

