

ABDOMINAL – SIT BACKS

Sit with hips and knees bent and the pelvis positioned in neutral (between 12 and 6 o'clock). Hold your arms straight out in front and tighten your stomach muscles.

Slowly lean back, maintaining the neutral pelvis and pulling tall through your trunk.

If feet come off the ground or you lose the neutral pelvis, STOP.

Hold for ___ seconds. Repeat for ___ times or ___ minutes.

This exercise can be made increasingly more difficulty by:

- 1. Folding the arms across the chest**
- 2. Placing hands behind the head**

