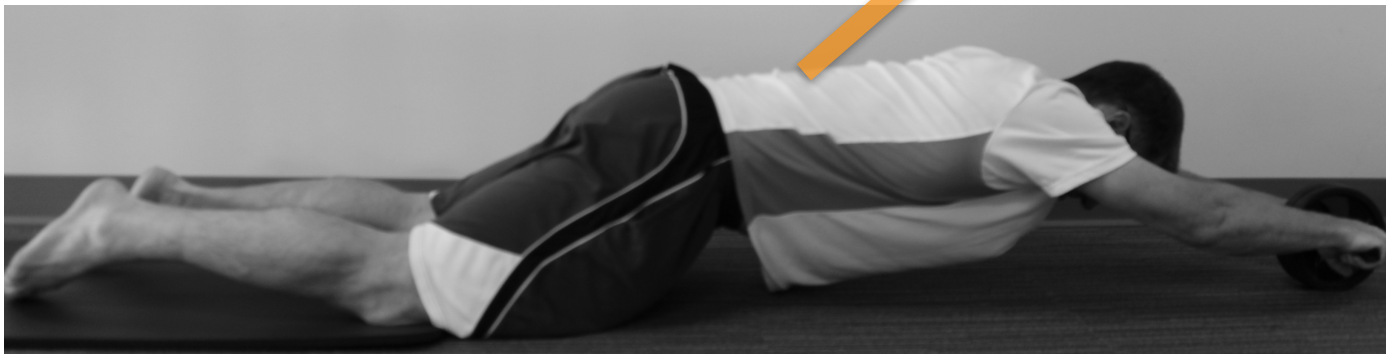


Ab Wheel



- Kneeling on a cushion or mat, begin rolling the ab wheel forward away from your knees.
- Keep your wrists neutral, your shoulders down away from your ears, your abs tight, and your low back relaxed.
- Don't go so far that you cannot make it back up again.
- Repeat 20 times or until fatigued.