

Abdominal Brace +

- Lie flat on your back with your knees bent.
- Tighten your abdominal muscles the same way you do when you laugh.
- Do not hold your breath or tighten your shoulders and neck.
- Hold 5 seconds and repeat 20 times.
- When this becomes easy, try holding the position while marching in place.
- Marching further away from your hips will make it more difficult to hold the position.
- Try alternating kicks, leg circles, leg raises, or other leg movement for further challenge and variety.
- Repeat until fatigued or do 20 times, whichever comes first.

