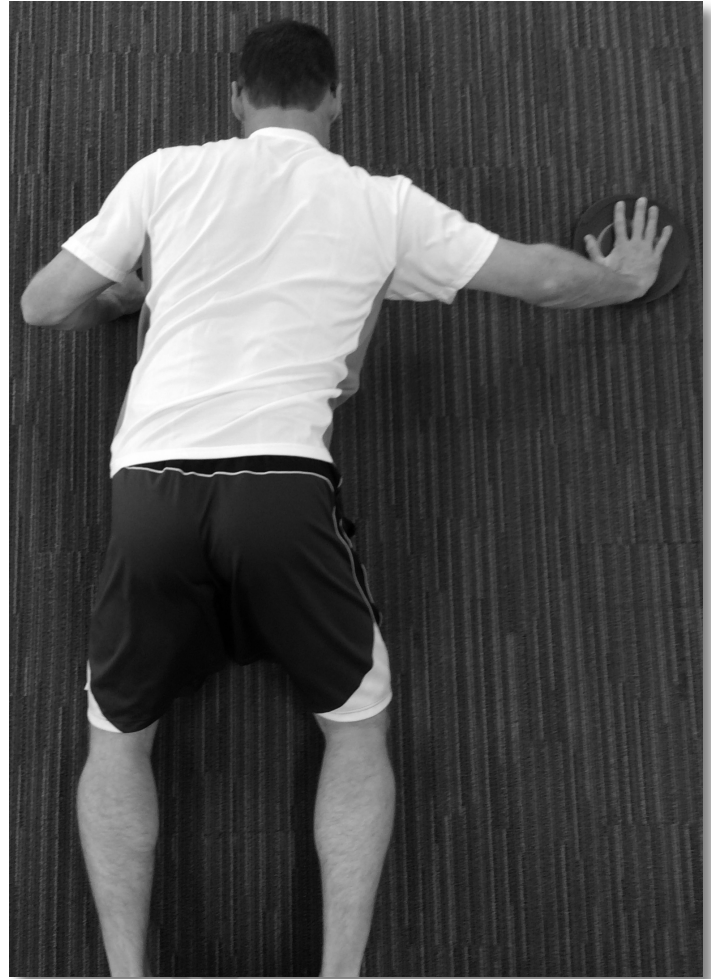


Floor Scrubs



- Kneeling down on the carpeted floor, place your hand on frisbee or book.
- Slide your hand overhead or to the side.
- To increase difficulty, reach further and/or allow your hips to lower toward the floor.
- Keep you abs tight and do not “sag” your hips or twist your trunk as you move.
- Repeat 20 times or until fatigued.