

## Download 3

### Abdominal Exercises

The following set of exercises should only be done on advice from your doctor. If you are doing any of the following exercises without first consulting your teacher or having been shown them in class then you are doing them at your own risk. All the following exercises if done correctly are safe but I accept no responsibility if injury occurs. With all these exercises it is important to work with your breathing and keep the abdominals engaged.

These exercises are not for the faint at heart they are something for you to build up to. If you don't already have an abdominal exercise program in place, before you undertake the following may I suggest you start off with some basic exercises of your own to build a strong abdominal foundation from which to proceed. Record your progress so you can see how far you have come. Always insure **GOOD** technique, if you can't maintain good technique then you must stop and rest. Enjoy!

1. 20x straight leg raise. Use your breathing to help you always exhaling on the effort. For lower back support you may wish to tilt your pelvis by placing your hands under your bum. For those who find this too hard keep one leg up and lower the other to the floor.



2. 10x breaths at 80%, 60% and 40%. If possible reverse this 40%, 60% and 80%. Use your breathing to control the static hold and do lower back support as above. For those of you that find it too hard then try one bent the other straight.



3. 20x breaths Navasana. Legs are together, heels extended, feet are level with your eyes. Roll the shoulders back and down. **Lift the lower back and sternum.** Move towards the front or your sit bones and gaze towards your nose. You need to be active in this asana to maintain technique, **keep the abs engaged and keep lifting the sternum and lower back, push away with your heels.**



As with any back abdominal work you need to exercise correct technique to get the results that you want, listen to your body and stop at the first sign of any discomfort or pain. Only move forward on to the next set of exercises when you feel you are ready and have accomplished the ones before.

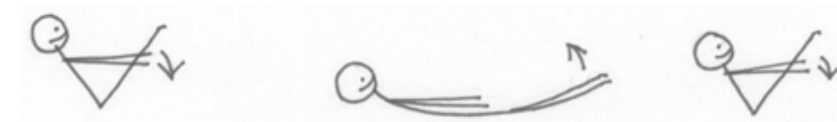
4. Pull the lower back through keeping the sternum lifted. 4b. Extend the legs into Navasana, gaze is towards the toes and push the heels away this should help to keep the lower back pulling through. Lower the legs and head to just off the floor arms are by your sides. This is all done on the exhalation. 4c. Return on the inhalation to 4a. Repeat 30 x



5. From Navasana (use the teaching points from above to ensure good technique) exhale lower down into 5b. Head and feet just off the floor 5c. Inhale fire up the quadriceps and the abs and return to Navasana. Repeat 10 x



6. Hold Navasana for 3 x breaths. 6b. Exhale lower down as above and hold for 5x breaths. 6c. Inhale, fire everything up back into Navasana. Repeat 8 x



**As with any exercise program it is very important to listen to your own body and stop if you have any discomfort or pain. See you on the mat**