



Rehabilitative Exercises | Core Exercises

A1- Abdominal Crunch Exercises



- 1- **Abdominals**- Lay on your back, knees on the ball with your hands behind your head. Tighten the abdominal muscles and lift head.
- 2- **Oblique**- Clasp hand behind your head. Lift with your shoulder (not your elbow) while pointing your elbow towards the opposite knee.
- 3- **Side Crunch**- Lift head slightly with hands clasped behind your head. Crunch to the left then to the right.
- 4- Repeat each exercise _____ times a day.