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## Rehabilitative Exercises | Core Exercises

### A2 Lower Abdominal Exercises



- 1- Lay on your back on the floor with your knees bent. Hold the ball in your hands above your head.
- 2- Raise the ball with your hands while lifting legs into the air. Transfer the ball from hands to feet and lower ball slowly stopping just above the ground.
- 3- Now lift the ball with your legs to outstretched hands and transfer to hands. Gently lower the ball just above the floor directly over your head.
- 4- Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets a day.

NOTE: Pelvis and Lumbar spine should always remain on the floor. To keep your back from arching, bend your knees so spine does NOT leave the ground.