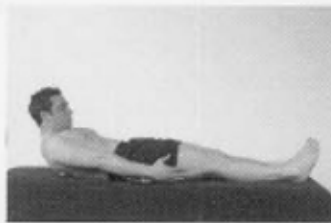


Toning deep abdominal muscles ('dead-bug' exercises)

Lie on back, legs out straight. Raise your head, then your shoulders from the floor, arms at your side. Can you do this comfortably, for at least 10 seconds, *without* your abdomen 'doming' or your low back arching? If not, do the next 4 exercises until you can.



Abdominal retraction ('bring navel to spine', as in this example) and normal breathing should be maintained throughout all stages of these exercises.



Exercise A: Raise both arms and one foot 2 inches (5 cm) from the floor and hold for 5–8 seconds. Do this with each leg 5–10 times until it is easy.



Exercise B: Same as previous exercise except raised leg needs to come 12 inches (30 cm) off the floor. Do this with each leg 5–10 times until it is easy.



Exercise C: Same as previous exercise except both feet are held 12 inches (30 cm) from floor for 5–8 seconds. Repeat 5–10 times until it is easy.



Exercise D: Same as previous exercise except both feet are raised 24 inches (60 cm) from the floor for 5–8 seconds. Repeat 5–10 times until it is easy. In this final position gentle 'cycling' motions add to the toning effect.

