

Flexibility (Abdominal)

Supine Abdominal Stretch



Exercise Description:

Supine Abdominal Stretch

Classification:

Flexibility (Abdominal)

Instructions:

Lie across the ball with the small of your back on top of the ball.

Stretch your arms back behind your head and somewhat reach for the floor.

Allow your abs to stretch and hold the position for the prescribed number of reps.

Ab stretch using toning bar



Exercise Description:

Ab stretch using toning bar

Classification:

Flexibility (Abdominal)

Instructions:

1. Start by lying on your back holding a toning bar at your chest.
2. Push back with your feet and simultaneously push the bar over and behind your head.
3. Your legs should be straight and your arms outstretched.
4. Hold this stretch for the prescribed number of seconds and repeat.

Lateral bend with bar

**Exercise Description:**

Lateral bend with bar

Classification:

Flexibility (Abdominal)

Instructions:

1. Stand with a shoulder width stance. Place the toning bar on your shoulders.
2. Lean to one side keeping your torso straight. Do not bend forward or backwards.
3. Hold for the prescribed number of seconds and then repeat to the other side.

Seated lateral stretch with bar**Exercise Description:**

Seated lateral stretch with bar

Classification:

Flexibility (Abdominal)

Instructions:

1. Sit on the ground with one leg extended in front of you and the other leg bent so that your foot is on the inside of the other thigh.
2. Holding toning bar overhead bend laterally to the extended legs side.
3. Hold for the prescribed number of repetitions and then repeat to the other side.

Standing lateral stretch



Exercise Description:

Standing lateral stretch

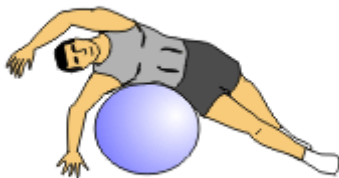
Classification:

Flexibility (Abdominal)

Instructions:

1. Start by hanging onto a bar with one hand and raising the other hand above your head.
2. Keeping your feet on the ground bend laterally to the side. Do not lean forward or back to accomplish movement.
3. Keeping your body parallel you should feel a stretch on your side.
4. Hold for the prescribed time and repeat with the other side.

Side Lying Stretch over Stability ball



Exercise Description:

Side Lying Stretch over Stability ball

Classification:

Flexibility (Abdominal)

Instructions:

1. Lie on your side with the stability ball just on top and above your hip. Spread your feet apart so that you can balance. Once your balance improves then put your feet together.
 2. Reach over your head and reach towards the floor until a comfortable stretch is felt.
 3. Hold for the prescribed time and then return to the starting position and repeat.
- Switch to the other side and complete prescribed repetitions

Standing Lateral Bend

**Exercise Description:**

Standing Lateral Bend

Classification:

Flexibility (Abdominal)

Instructions:

1. Stand with legs wider than shoulder width apart.
2. Raise your arms overhead and lean to the side.
3. Make sure that you keep your body parallel and do not lean forward or backwards.
4. Lean until a comfortable stretch is felt in your side.
5. Hold for prescribed time and then repeat to the other side.

Lateral Bend Straddle**Exercise Description:**

Lateral Bend Straddle

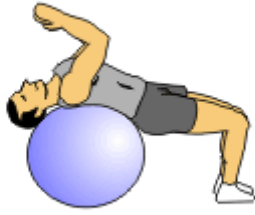
Classification:

Flexibility (Abdominal)

Instructions:

1. Start by placing your feet as far apart as possible and your hands overhead.
2. Lean to a side and try to reach ankle with your hand.
3. Remember to keep your body parallel and do not lean forward or backwards.
4. Hold for the prescribed time and repeat to the other side.

Supine Abdominal Stretch



Exercise Description:

Supine Abdominal Stretch

Classification:

Flexibility (Abdominal)

Instructions:

1. Lie on your back on the ball with your arms at your side.
2. Push with your feet so that you roll up onto the ball. As you do this reach over your head and stretch your abdominal area.
3. Return to the starting position and repeat for the prescribed number of repetitions.