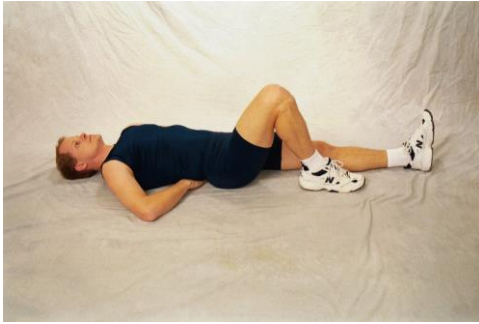
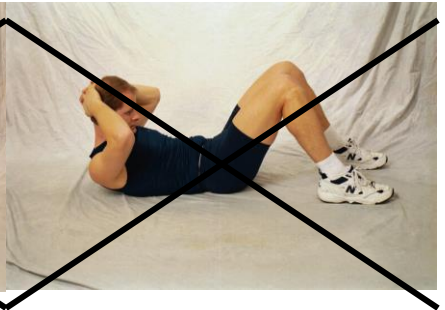


Abdominals and Core Trunk Training



Start with hands under back, only one knee bent to stabilize pelvis, raise elbows from floor, curl up with chin tucked until shoulder blades clear the floor.



Avoid "chin poking."

Avoid pulling head.

This hand position is acceptable. Curl chin to chest.

