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## **ABDOMINALS ROUTINE**

- Do at least 25 repetitions of each set
- Ultimate goal is 100 repetitions of each
- Breathe **OUT** on each contraction

### **EXERCISE #1 - CRUNCHIES**

- Hands behind Neck

### **EXERCISE #2 - CRUNCHIES**

- Fingers over knees

### **EXERCISE #3 - KNEES AND ELBOWS TOUCH**

- Keep feet in the air

### **EXERCISE #4 - HEELS TO CEILING**

- Hands under hips

### **EXERCISE #5 - SCISSORS**

- Cross knees, point toes

### **EXERCISE #6 - BICYCLING**

- Feet over chest. Cycle backward & forward

### **EXERCISE #7 - PULSING**

- Keep head up, fingertips touch heels

### **EXERCISE #8 - SIDE BENDS**

- Support neck, not head. Shoulder up. Do each side

### **EXERCISE #9 - APPLAUSE SEGMENT**

- Keep feet off ground

### **EXERCISE #10 - OPPOSITE KNEE TO ELBOW**

- Heel & calf touch ground