

## **Sahrmann Abdominal Exercise Progression**

### **Level 1A:**

#### **Starting position:**

Lying on your back with your knees bent.

#### **Movement:**

Tighten your core and slowly lift one leg in towards your chest, keeping your knee bent. Keeping your trunk rigid and knee bent, slowly lower the raised leg back to the starting position. DO NOT allow your back to arch or your abdominals to relax. Repeat with other leg and continue alternating.

Perform \_\_\_\_ Reps \_\_\_\_ Sets \_\_\_\_ Times a day



### **Level 1B:**

#### **Starting position:**

Lying on your back with your knees bent.

#### **Movement:**

Tighten your core and slowly straighten one leg until it is parallel and a few inches above the floor. Keeping your trunk rigid, slowly bring your leg back to the starting position. DO NOT allow your back to arch or your abdominals to relax. Repeat on the other side and continue to alternate.

Perform \_\_\_\_ Reps \_\_\_\_ Sets \_\_\_\_ Times a day

