

Sahrmann Abdominal Exercise Progression

Level 2:

Starting position:

Lying on your back with your knees bent.

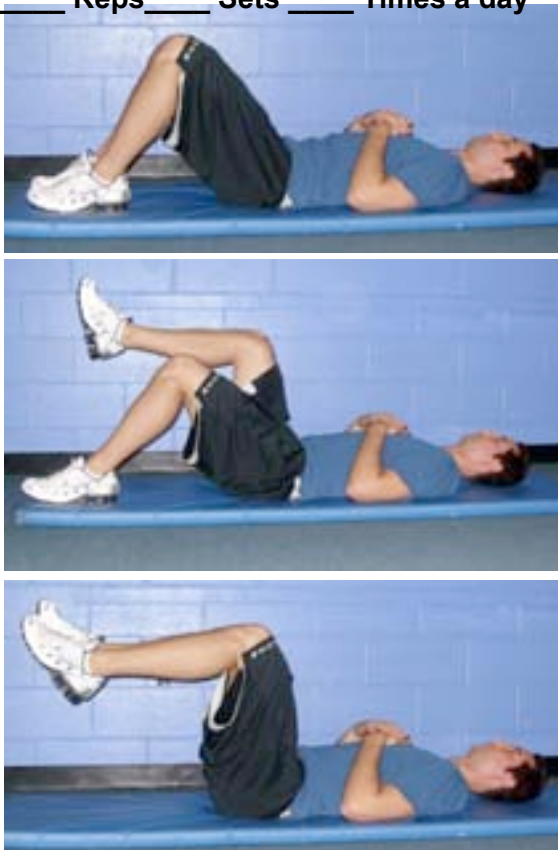
Movement:

Tighten your core and slowly lift one leg in toward your chest, keeping your knee bent. Raise the other leg in the same manner. Keeping knees bent, slowly lower the first leg to the starting position and then the same with the other leg.

Continue

repeating with an 'up, up, down, down pattern'.

Perform ___ Reps ___ Sets ___ Times a day



Level 3:

Starting position:

Lying on your back with your knees bent to 90° and feet up off the floor.

Movement:

Tighten your core and slowly straighten one leg until it is parallel and a few inches off the floor. DO NOT allow your back to arch or your abdominals to relax. Pull the straight leg back into the starting position and repeat with the other leg. Continue alternating.

Perform ___ Reps ___ Sets ___ Times a day



Level 4:

Starting position:

Lying on your back with your knees bent.

Movement:

Slowly lower both legs as you straighten them. DO NOT allow your back to arch or your abdominals to relax. Avoid any pain in your back. Raise both legs back up together.

Perform ___ Reps ___ Sets ___ Times a day