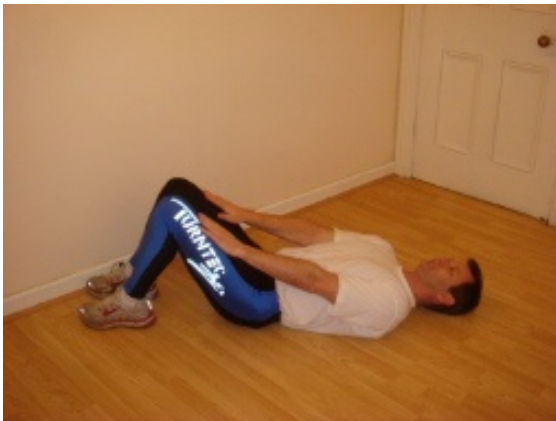
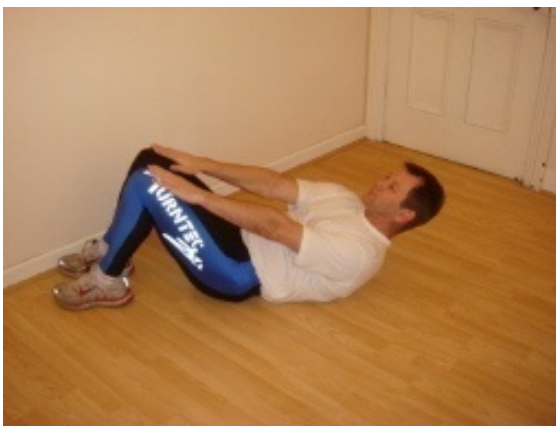


# ***HERTFORD / STEVENAGE CHIROPRACTIC CLINIC***

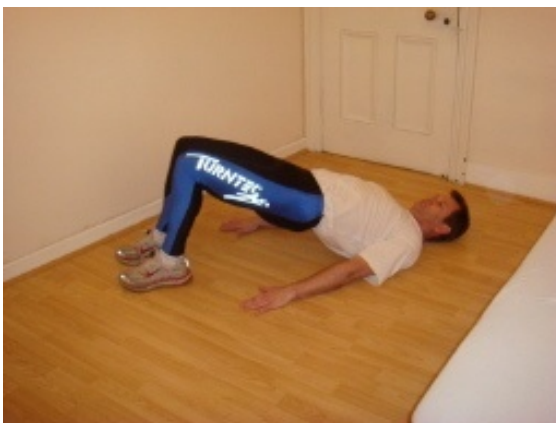
## **ABDOMINAL STRENGTH**



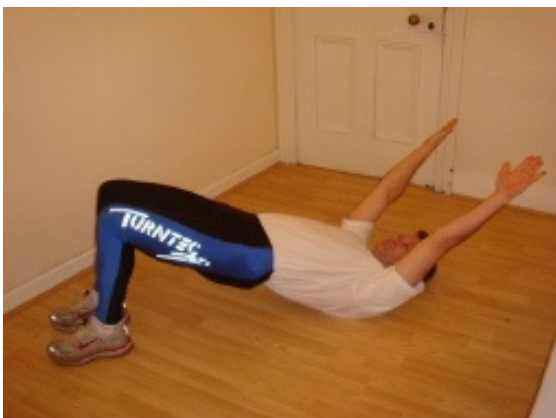
Lie on the floor with your knees bent, place your extended arms onto your thighs.



Now slide your hands up towards your knees slowly, raising your shoulders and head. When you touch the top of your knee, hold for a count of 3 and then slowly, under control slide back to the start position. Repeat 10 times, increasing to 20.



Create a bridge by starting from the same position as before then raise your pelvis off the floor so that you form a straight line from knee to shoulders. Initially raise and lower with no hold phase, then progress to a hold of 5-10secs.



To make the previous exercise even tougher, whilst in a hold phase move your arms starting only once then progressing to multiple times from the start position to above your head and back again.