

Whole Body

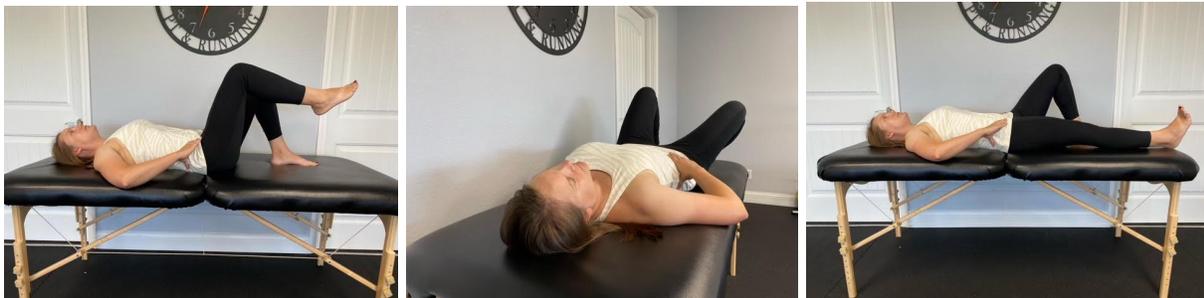
THE POSTPARTUM PROJECT

Abdominal Series

Purpose: to strengthen the muscles of the inner core

Start lying on your back with your knees bent up. Gently pull your belly button up towards your nose and hold while:

1. You march one leg up to 90 degrees, return to resting position, and then lift the other leg up to 90 degrees. Repeat 10 times on each leg ensuring that your abdominals are engaged when your legs are moving.
2. Slowly, allow your knee to drop to the side with control, return to starting position. Then allow the other knee to drop to the side as well, return to starting position. Repeat 10 times on each leg ensuring that your abdominals are engaged when your legs are moving.
3. Slowly, slide one heel out (keeping contact with the floor) until your knee is straight and return to starting position. Repeat on the other side. Repeat 10 times on each leg ensuring that your abdominals are engaged when your legs are moving.



****These exercises are not prescribed. They are intended to be educational and are not a substitute for an exam by a physical therapist. If you would like a prescribed program based on your individual needs, we can be reached at:**

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