



### ABDOMINAL MUSCLES

#### **Exercise 1:**

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

One by one lift your bent legs and put your arms on your knees. Rock lightly from the left to the right breathing freely. Stop and rotate your knees clockwise and then the other side round activating abdominal muscles. While you draw your knees to your chest lift your tailbone from the mat. Finally, lay your legs one by one on the mat and put your arms along your body.

#### **Exercise 2:**

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

One by one lift your bent legs and put your hands on the outside on your knees and breathing out press against your knees. Breathing in release them and breathing out press them while stretching your head. Repeat several times and then lay your legs one by one on the mat and your arms along your body.

#### **Exercise 3:**

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

One by one lift your bent legs and put your hands on the front side of your thighs and breathing out press your palms against the thighs and release them with breathing in.

Not bending your loins keep your shoulders spread on the mat. Repeat several times and then one by one put your legs down and your arms along your body.

#### **Exercise 4:**

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Lean a big ball against your thighs but do not touch your abdomen, your hands pressing the ball. Breathing out press the ball, breathing in release your hands. Repeat this several times.

Then while pressing the ball lift up one of your feet. Do not push your pelvis forward and breath freely. Change your feet and repeat again several times.



### **Exercise 5:**

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Slightly lift one leg, the heel a bit higher than the knee and recline the knee slightly to the side. With the opposite hand press the overball against the knee breathing out and release it breathing in. Do not sag your loins and leave your whole back on the mat. Then keep the pressure for several breathing in and out, then release the pressure and repeat it for the other side.

### **Exercise 6:**

You are in position on your abdomen leaning on your elbows stretching your head, your chin drawn to your neck. Push away from your elbows and pushing your pelvis forward try to lift your bellybottom from the mat and put it gradually back to the mat. Your shoulders are broad, your head is stretched. Try to prevent any pressure in your loins. Repeat it several times.

### **Exercise 7:**

Leaning on your knees and forearms, your knees in width of your pelvis, your heels a bit closer to each other, your chin slightly drawn to your neck, stretch your head but do not sag your loins.

Shift your knees a bit forward, your heels closer, hold your shoulders broad. Breathing out press against the opposite knee and elbow and try to draw them towards yourself. Breathing in release them and do the same with your other elbow and knee. Keep your back straight and repeat several times on both sides.

### **Exercise 8:**

Leaning on your knees and forearms, your knees in width of your pelvis, your heels a bit closer to each other, your chin slightly drawn to your neck, stretch your head but do not sag your loins.

Stretch the opposite leg and arm along the mat. The arm goes along the little finger side, the leg along the big toe. Do not push your shoulder and your pelvis forward. Breathing freely get slowly back into the basic position, stretch your backbone and then do the same with the other side. Repeat several times.