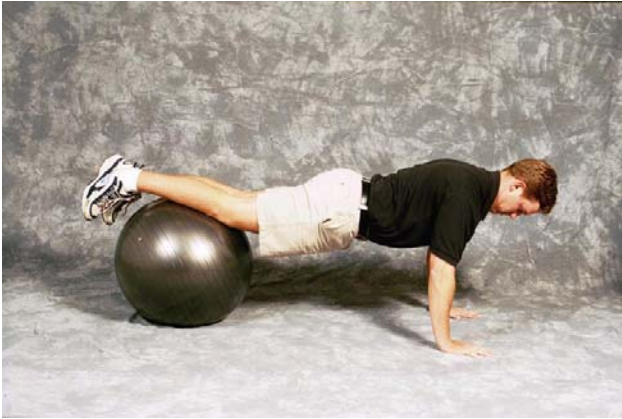


ABDOMINAL ROLL OUT ON LEGS



124 C: Advanced Start



124 D: Advanced Finish

Purpose: To increase core and shoulder girdle strength.

Benefit: Improves balance, coordination and dynamic posture.

Instruction:

- Grasp the ball between your shins and assume a push up position.
Hold your body in perfect alignment with ankles, hips, and shoulders and head all in the same horizontal plane.
- Once you feel balanced, take one hand off the ground for a second. Practice just holding your alignment for short intervals with only one hand on the ground. As you improve, begin raising the arm forward.
- When you are able to get the arm out in front of you, begin to move it from the front position in an arc from over your head to your side and back to the floor again.
- Alternate between your left and right arms as many times as you can without losing good postural alignment.

Quantity: Reps _____ sets _____



