



Abs Level 1

Do this twice per day for 5 reps initially then build to 8-10
 Lift one foot off the ground an inch, then slowly replace it and lift the other one.
 Repeat this as a progression, 5 or so times per session
 When strong enough, begin to sit all the way up once low back is flat.



Abs Level 2

Place hands under the small of the back to feel for movement when leg lifting, eventually you will feel this without hands in place as your awareness improves.



Abs Level 3