





(25) Bridging: 10 reps, 1 set (Show Movie)

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Start on your hands and knees.

Raise your right arm and left leg.

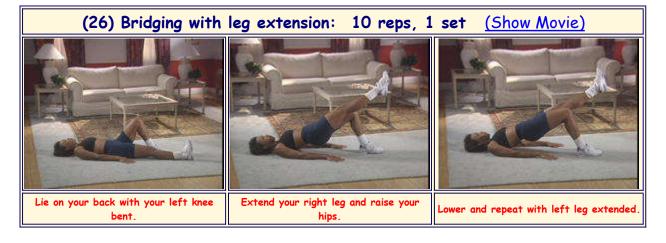
Lower then repeat with left arm and right leg.

#### (33) Abdominal curl: 10 reps, 1 set (Show Movie)



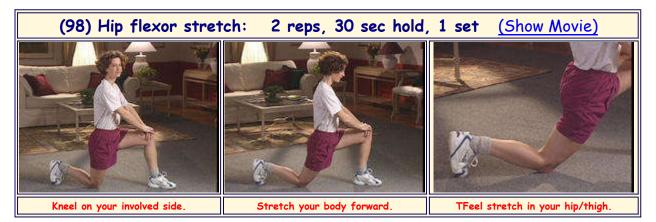
Abdominal Hallowing: 10 reps, 5 sec hold, 1 set





(44) Cat-Camel Stretch: 10 reps, 1 set (Show Movie)





QL side support on elbow with bent knees:
10 reps, 5 sec hold, 1 set

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