

Abdominal Exercises: Abdominal Vacuums

Advice: Avoid pain. If an exercise causes you pain stop doing it. Allow yourself sufficient time to recover. Next time you repeat it, do it 50% more gentle (less power/ less repetitions/ less movement). If you have problems, please seek advice.

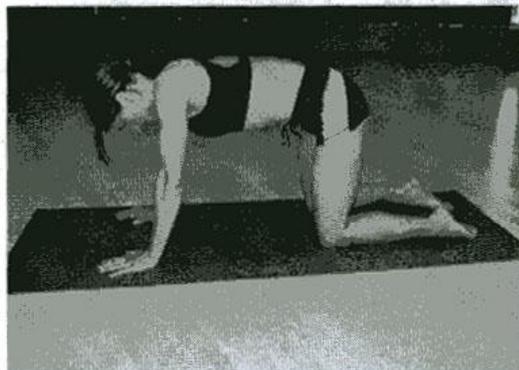
Abdominal Vacuums

On hands and knees with shoulders over hands and hips over knees inhale and relax abdominal wall while extending hips and arching back. Exhale and pull your belly button toward your spine while flexing hips and flattening back. Slowly exhale as much air as possible while pulling your belly button toward your spine as much as possible and hold for as long as you can.

Start (Inhaling and Relaxing)



Finish (Exhaling and Contracting)



Swiss Ball Abdominal Vacuums

Start on hands and knees with feet propped onto Swiss ball. As you slowly exhale and contract your abdominals (pull your belly button toward your spine) keep your spine straight and rigid and extend your legs as you push your feet behind you bringing your shins up onto the ball. Hold this position as long as possible then slowly return to start position as you inhale.

Start (Inhaling and Relaxing)



Finish (Exhaling and Holding)

