

Stomach Leg Drop



Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=524>

Exercise Purpose:

- To strengthen your stomach muscles (Transverse Abdominis and Rectus Abdominis)

Key Points:

- Lie on your back with your knees bent, your feet flat on the floor and your hands under your lower back. Your finger tips shoulder meet in the middle
- Slowly breathe in and as you are breathing out lightly draw your lower stomach in towards your spine (approx. 30% effort)
- Once your deeper stomach muscles are drawn in, slowly push your lower back into your hands and keep it pushed in throughout
- Lift your left, and then right foot off the ground until your hips and knees are at a 90 degree angle
- Keeping your right knee at a 90 degree angle, slowly lower your right foot down towards the ground and then raise it back up again, then repeat with your left leg
- Breathe out as you lower your leg and breathe in as you raise up again
- Make sure your back stays pushed into your hands throughout
- Keep the movement fluent throughout