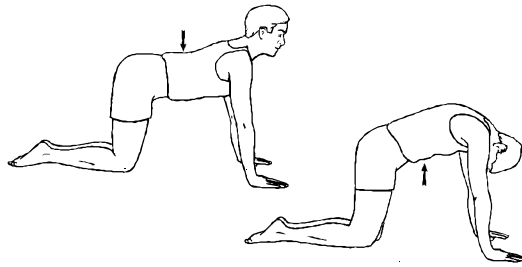




Routine For:  
Created By: James Pamplin, DC

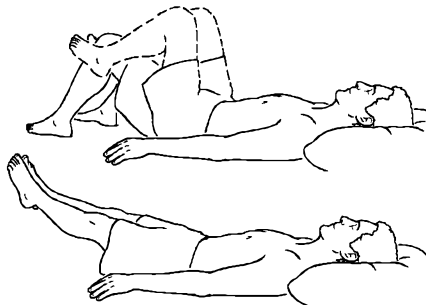
02-24-2012  
Abdominal Strength



**STRENGTHENING PART:** Find where your back is flat across. Without moving your low back, suck your tummy in so that your belly button moves up and away from your belt line. Hold initially for 1 second. Then work up to holding for 10 seconds. For more advanced exercise perform same steps but breath normally.

Repeat 15-20 times. Do 2 sessions per day.

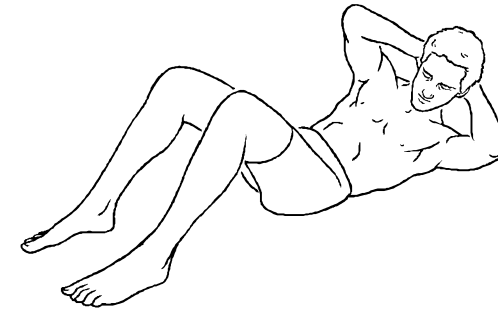
#### TRUNK STABILITY - 14 Double Knee Lift



With knees bent, slowly bring both knees toward chest, keeping stomach tight. Then extend legs without touching feet to floor. Keep trunk rigid.

Repeat 15 times per set. Do 3 sets per session.  
Do 2 sessions per day.

#### BACK - 28 Diagonal Curl-Up: Phase 3

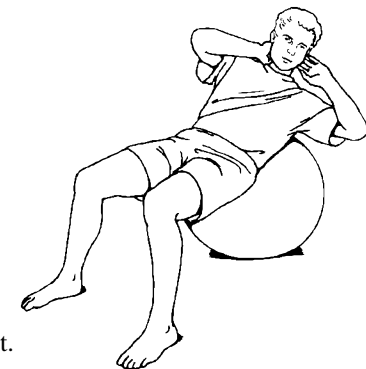


Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders while rotating to one side.

Repeat 15 times per set. Do 3 sets per session.  
Do 2 sessions per day.

#### SPINE - 21 Supine on Ball Diagonal Curl-Up

From reclined position, perform diagonal curl-up, bringing one elbow toward opposite knee. Repeat with other elbow.



Repeat 15 times per set.  
Do 3 sets per session.  
Do 2 sessions per day.