STANDING CURL-UP

Starting Position: Stand with hands on a countertop. Feet parallel. Knees unlocked. Weight on heels.

Instructions:

1. Exhale: Round low back and posteriorly tilt pelvis. Shift weight farther back on heels if possible. You should feel close to falling backwards.
2. Inhale: Press both hands down into countertop keeping both elbows and shoulders down towards the floor. Maintain downward pressure.
3. Exhale: Attempt to bend knees forward while keeping weight in heels and maintaining round back. You should feel abdominals and hamstrings working.
4. Inhale: Expand breath into posterior ribs.
5. Exhale: Maintain position for several breaths or return two starting position.
6. Repeat for ___repetitions.

SEATED CURL-UP

Starting Position: Sit on sitz bones on a chair in front of a table. Hands on table, elbows pointed downward. Feet flat on floor.

Instructions:

1. Exhale: Press both hands and elbows downwards while pressing both feet into floor
2. Inhale: Hold position for 4-5 breaths.
3. Relax. Repeat for ___repetitions.

Tips:

"Rectus Poofus": Don't allow stomach to push forward.
Rib Position: Maintain lower front ribs back for the entirety of the exercise.