

Prone torso lift

To advance the recumbent abdominal-and shoulder-blade squeeze exercise, you can further challenge your abdominal, spine, and shoulder-blade muscles by trying the prone torso lift. This exercise provides benefits as the preceding exercise but to a more advanced degree.

Perform this exercise as follows:

1. Turnover on your stomach, place several large pillows under your body, and place your arms in the double “tray position” with your forehead resting on a towel. Figure 6.

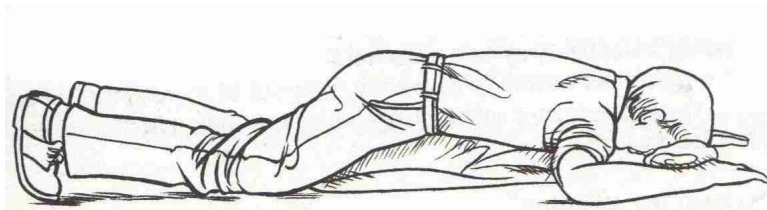


Figure 6

2. Perform a pelvic tilt by squeezing your lower abdominal muscles, and rotate your pelvis forward.
3. Place your arms in the double “tray position,” keeping your neck long and your chin tucked, and lift just your upper torso comfortably off the pillows until you have achieved a straight spine. Figure 7.

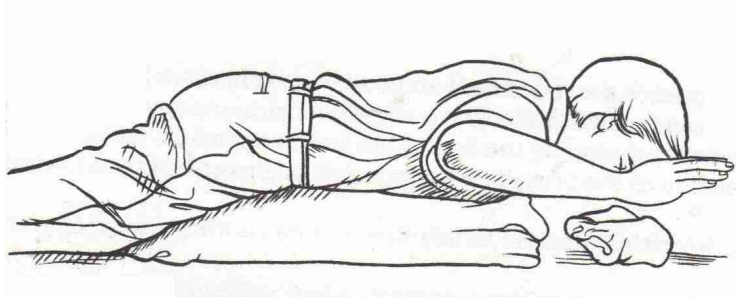


Figure 7

Be sure to keep your neck tucked in and your lower back flat by contracting your lower abdominal muscles. Also remember to breathe comfortably throughout the exercise. If you perform it properly, you should be able to achieve a lift position such that someone could place a broom flat along your spine and have virtually no space between your spine and the broom.

4. Hold the lift for three to five breaths, and then slowly relax and repeat.

Do this exercise at least every other day for 1 to 2 sets of 8 to 12 repetitions, and for about 2 to 3 weeks or until the exercise becomes very easy.