

Marching Abdominals

Instructions: Duration 1 minute

Lay on your back with both knees bent and feet flat on the ground shoulder width apart. Tighten your stomach muscles slightly to engage your core and slowly lift your left foot off the ground 3 - 4 inches. If your core muscles are engaged correctly you should not feel any movement of your body (only your hip and leg). Slowly lower your foot back to the ground and repeat with the right leg.



Continue alternating legs for 1 minute.