

## *Transverse Abdominal*

**Instructions:**      **Duration 1 minute**

Begin by being on all fours with your knees directly below your hips, and your hands directly below your shoulders. If this position bothers your wrists try making a fist supporting yourself on your knuckles. Gently inhale and on the exhale contract your abdominal muscles pulling your bellybutton towards your spine. Hold for 5 seconds, then release allowing your belly to sag and inhale.



Repeat 10 times.

**\*NOTE:**

This can also be done in your car while sitting at a red light.