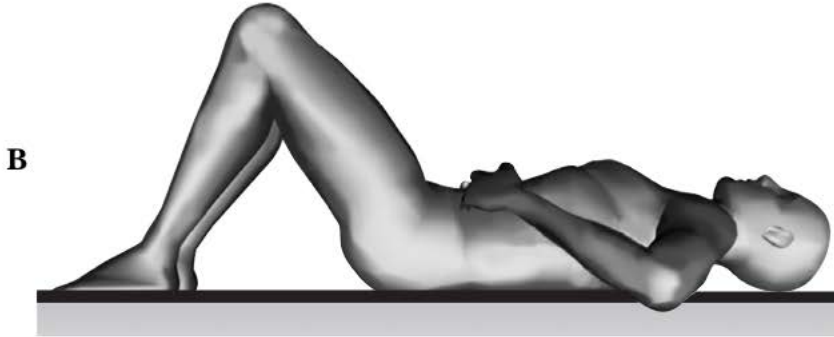


## Lower Abdominal Progression: Bilateral Hip and Knee Flexion (Figures A-B)

**Purpose:** • To improve the performance of the abdominal muscles (e.g., external obliques, rectus abdominis, transversus)

**Starting position:** Lie down with both hips and knees straight.



**Level 4:** Slide both feet along the supporting surface into extension and return to flexion

**Method:** Contract your abdominal muscles by “pulling your abdomen toward your spine”  
Bend your hips and knees and slide your heels along the table  
Lift both feet off table when your hips are bent to 90 degrees  
Reverse the movement to return to the starting position

**Repetitions:** \_\_\_\_\_

**Level 5:** Lift both feet off the supporting surface; with hips flexed to 90 degrees, extend the knees and lower both lower extremities to the supporting surface

**Method:** Contract your abdominal muscles by “pulling your abdomen toward your spine”  
Bend your hips and knees by lifting both your feet off the table and bringing your knees to your chest  
Hold your hips at 90 degrees and straighten your knees  
Lower your legs to the table, returning to starting position

**Repetitions:** \_\_\_\_\_