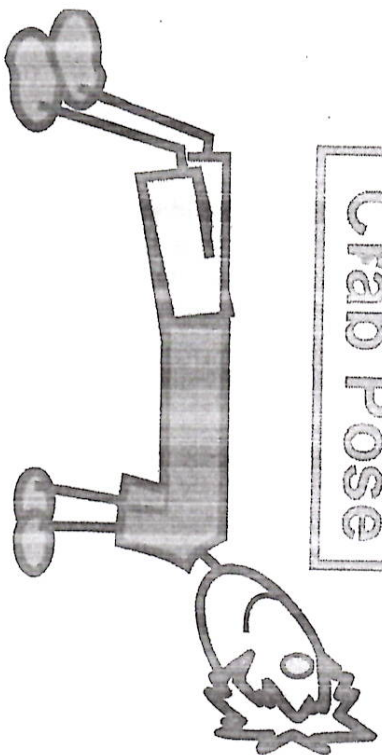


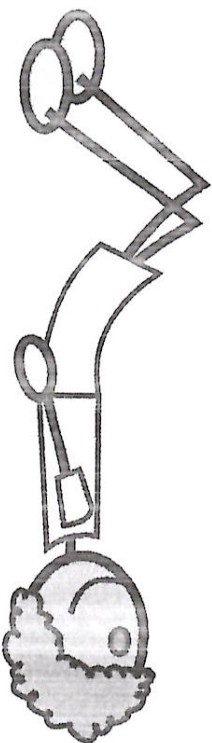
## Crab Pose



- Hold arms straight
- Lift bottom off of floor

**for 10  
seconds**

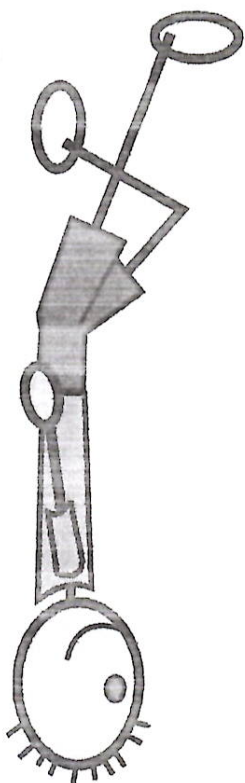
## Bridges



- Bend knees and place feet flat on floor
- Lift bottom up and slowly lower

**X 10  
times**

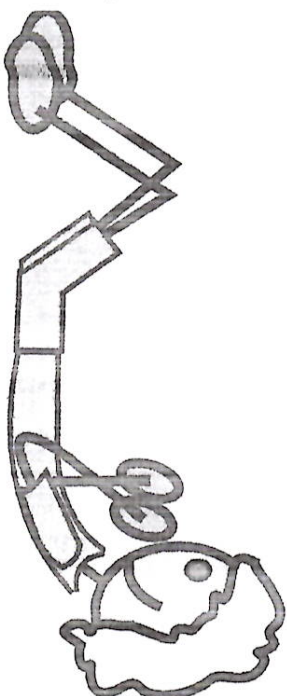
## Leg Lifts



- Bend one knee and keep other leg straight
- Lift straight leg 12 inches off of floor
- Slowly lower to floor
- Repeat with other leg straight

**X 10  
times**

## Curl Ups



- Cross arms across chest
- Tuck chin and curl up
- Slowly lower back down

**X 10  
times**