

Abdominal Toning Exercise

Lie on your back with your hands against your thighs. Place a pillow under the small of your back to take up the space. Raise your legs so that your thighs will be perpendicular to the floor. It may be more comfortable to place an ottoman under your knees when doing this exercise. Push against your thighs with your hands while at the same time resisting with your thighs. Do this for ten to thirty seconds. Slowly relax. Do as many sets or repetitions as recommended by your doctor.



SETS:

REPETITIONS/
SET: