

Oblique Abdominal Curl

Lie on back, knees bent, feet flat on the floor, hands behind the neck. Begin to rotate your torso from flat position with your right elbow reaching to the left side as illustrated. Hold for three to five seconds and then slowly relax. Turn in the opposite direction and repeat the exercise. Slowly relax back to the neutral position. Do as many sets or repetitions as recommended by your doctor.

