

## The Hundred



Optional: legs at 90 degrees

Muscular focus: abdominals, breathing Tips: Your abdominals will be deeply pulled in, so you will have to use your full lung capacity by breathing into your back and lower ribs. Use your abs to hold yourself up--don't get caught up in your shoulders and neck.

## Chest Lift



Pelvic Tilt

Muscular focus: abdominals--especially upper abs  
Tips: This is not a crunch. The abdominals must be pulled way down into a deep scoop as you use them to control a slow, smooth curl up & roll down.

## The Roll Up



Muscular focus: abdominals Tips: Use your abdominals to roll up and down with control. Do not rely on momentum or letting your legs lift off the mat.

## One Leg Circle



Scissors: 10 slow, 10 fast

Bicycles: 10 slow, 10 fast

Muscles: abdominals, thighs, hip flexors Tips: The abdominals keep the pelvis stable as the leg moves. No rocking and rolling!

## Rolling Like a Ball



Muscular focus: abdominals Tips: Stay in your curve for the whole exercise. Initiate the roll back with the abs and not by throwing the upper body back.

## Open Leg Balance



Muscular focus: abs, hamstring stretch Tips: Use abdominals to control the pose. Try not to pull on your legs for balance.

## The Side Kick Series



Scissors: 10 slow, 10 fast  
Circles forward, backward – big, little  
Bicycle forward, backward

Muscles: abdominals, all thigh muscles--especially inner thigh Tips: The ribs should stay lifted throughout each exercise.

## Front Support/Plank



Muscular focus: back extensors, abdominals, shoulders, arms Tips: Stay in one line from your heels to your ears. Though the focus is somewhat on the upper body, if you engage the legs and imagine squeezing the [sit bones](#) together, the exercise will be easier.

## Saw



Muscular focus: hamstrings, inner thigh, oblique abdominals, back stretch Tips: Keep your hips anchored & level as you turn to the side. Extend energy through the back arm even as you reach forward.

## Mermaid



Muscles: side stretch Tips: Keep your body flat as you stretch sideways, as if you are between two sheets of glass. Keep the hip on your stretching side down.