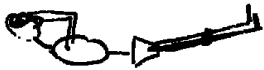


NOTES

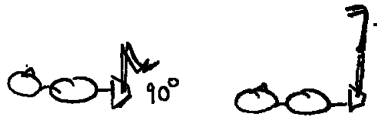
RELATED YOGA POSES



Half Boat
(ardha navasana)



Full Boat
(paripurna navasana)



Upward Stretched Legs
(Urdhva Parsarita Padasana) (Jatara Parivartanasana)

Abdominal Strengthening Exercises

(adapted from Sahrman, PT, PhD)
Version SD

Yoga
hatha medica
An Integrated Medical Yoga Curriculum
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NOTICE: MAY ONLY BE USED UNDER THE SUPERVISION OF A TEACHER OF HATHA YOGA MEDICA . THIS INFORMATION IS NOT TO BE USED TO REPLACE OR MODIFY MEDICAL CARE.

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VERSION E 10/30/02-6 (ABS-SE.PUB)

FOR EACH LEVEL:

- MAINTAIN ABDOMINAL TONE AND FLAT(TER) BACK.
- EXHALE WITH FLEXION, INHALE WITH EXTENSION (DON'T HOLD YOUR BREATH)
- ALTERNATE SIDES
- BUILD TO 20 REPS EACH SIDE, THEN MOVE TO THE NEXT LEVEL.
- AFTER BUILDING TO 10 REPS, DO THE NEXT 10 REPS WITH THE ARMS ABOVE (LEGS BENT OR STRAIGHT DEPENDING ON LEVEL) AS ILLUSTRATED HERE:



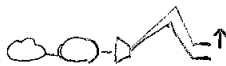
L1: Supine/hooklying (LOA)

For awareness & initiation of the abdominals. Pull in lower belly, pull navel toward spine, pull belly up under ribs, tight jeans need to zip them up" Use a mirror, tap the muscles, hands over belly. AVOID HOLDING BREATH. AVOID BEARING DOWN. Try doing the abdominal contraction in sitting also.



L2 (LOB): Hooklying Lifts:

Start in hooklying. Lift R foot off floor 1", maintain flat back, then lower back. Repeat on L side.



L3 (LOC): Hooklying lifts with supported leg:

Bring R knee to chest with the hands. Keep sacrum on the floor, back flat and abdominals engaged. Lift L leg, maintaining flat back. Lower L leg back to floor. Repeat on other side.



LEVEL U4 (U1): With your arms in front of your body, bring your chin to chest, and slowly curl your trunk as your come toward a sitting position.

Option __ Lift just your head and shoulder off the floor.

Option __ Raise your upper body and come to a sitting position.



LEVEL U5 (U2): With your folded on your chest, bring your chin to chest, and slowly curl your trunk as your come to a sitting position. Maintain the curl throughout the movement.



LEVEL U6 (U3): With your hands on top of your head, bring your chin to chest, and slowly curl your trunk as your come to a sitting position. Maintain the curl throughout the movement.



LEVEL U7: Progression:
hold weights in hands.

FOR EACH LEVEL:

- **MAINTAIN CURL**
- **EXHALE WITH FLEXION, INHALE WITH EXTENSION (DON'T HOLD YOUR BREATH)**
- **IT'S OK TO STABILIZE FEET in U4-U6 AFTER CURL PORTION**
- **BUILD TO TO 20 REPS, THEN MOVE TO THE NEXT LEVEL.**

LEVEL U1 (0A): Start in hookling. With your arms in front of your body, bring your chin to chest, and slowly curl your trunk as you come toward a sitting position.

Option __ Lift just your head and shoulder off the floor.

Option __ Raise your upper body and come to a sitting position.



LEVEL U2 (0B): Start in hookling. With your folded on your chest, bring your chin to chest, and slowly curl your trunk as you come to a sitting position. Maintain the curl throughout the



LEVEL U3(0C): Start in hookling. With your hands on top of your head, bring your chin to chest, and slowly curl your trunk as you come to a sitting position. Maintain the curl throughout the movement.



L4 (LOD): Supported slides:

Start in hooklying. Bring R knee to chest as in L3. Slide L foot along floor away from body until L leg is straight. Slide L leg back in. Lower R leg to floor and hold L knee. Slide R foot out and in.



L5 (OE): Slides with challenge

Same as L4 but decreasing hip flexion angle or not holding knee, while sliding the other foot in and out.



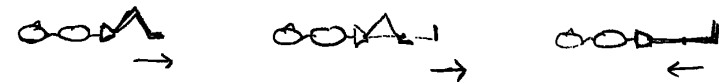
L6 (OF): Hooklying Slide:

Slide R foot out along mat and back up. Repeat on L side.



L7 (OG): Hooklying Two Leg Slide:

Begin in hooklying. Slide R heel out. Slide L heel out. Slide R heel in. Slide L heel in. Maintain flat back. Repeat, starting with L side.

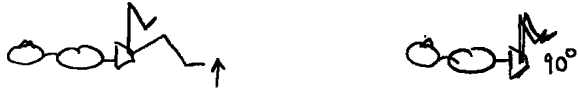


L8 (1A): Hooklying Lifts A:

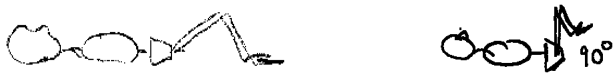
Lift Right knee to chest. Lift L knee to chest. Lower L foot to floor. Lower R foot to floor. Repeat starting with L side.



L9 (1B): Hooklying Lifts B:
Lift R thigh to vertical (90 degrees). Lift L thigh to vertical. Lower L foot to floor. Lower R foot to floor. Repeat on L side.



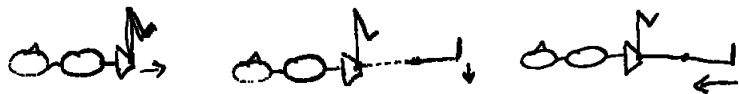
L10(x): Double Lifts:
Start in hooklying. Lift both thighs to vertical at the same time. Lower both feet back to start position.



L11 (2): Vertical Slides :
Lift both thighs to vertical. Touch R foot to floor, slide heel out to straight and back in, lift R thigh back to vertical. Repeat on L side.



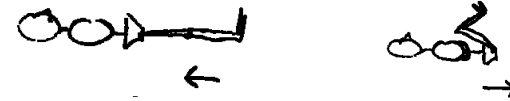
L12 (L3): Lift Out, Slide In:
Lift both thighs to vertical. Straighten R leg out without touching floor (the closer to the floor, the more difficult). When straight, lower R heel to floor and slide back in. Lift R thigh to vertical and repeat on L side.



L13 (x): Lift Out, Lift In:
Lift both thighs to vertical. Straighten R leg out without touching floor (the closer to the floor, the more difficult). When straight, bring R thigh back to vertical without touching floor. Repeat on L side.



L14 (L4): Double heel slide:
Start with legs straight. Slide both heels inward to bring both knees to chest. Return by sliding heels back out.



L15 (L5): Double leg lift in:
Start with both legs straight. Lift heels off floor and bring knees to chest. Straighten legs back to start position without touching heels to floor.



L16 (x6): Single leg lowering:
Bring both knees to chest. Extend R leg straight up. Lower R foot to floor without touching to floor. Bring R knee to chest without touching heel to floor. Repeat on L side.



L17 (x6): Double leg lowering:
Bring both knees to chest. Extend both legs straight up. Lower both feet to floor without touching to floor. Stop if your back



LEVEL 18: Progression:
supine: put weights around ankles. supine: use theraband as resistance to leg extension. sitting: lifting alternate knees. standing: use weights, theraband, etc