

## BACK EXTENSION

MIDDLE BODY

4 8 10  
BEG INT ADV



- Stand with feet shoulder-width apart, hands on hips
- Slowly lower torso down until back is parallel to floor
- Return to starting position

Tip: Keep slight bend in knees during movement

## KNEE MARCH

MIDDLE BODY

8 14 20  
BEG INT ADV



- Begin in seated position with arms on armrests
- Alternate drawing knees toward chest
- Each knee movement equals one repetition

Tip: Maintain tight abdominals throughout movement

## STOMACH SQUEEZE

MIDDLE BODY

2 4 6  
BEG INT ADV



- Begin seated in chair with good posture
- Tighten (squeeze) abdominal muscles for 10 seconds
- Relax abdominals
- Select reps based on fitness level

Tip: Remember to breathe during the 10-second squeeze

## FLUTTER KICK

MIDDLE BODY

6 10 14  
BEG INT ADV



- Begin in seated position with arms on armrests
- Extend both legs straight out to front
- Scissor-kick legs in a 2-foot range
- Every two scissor-kicks equals one repetition

Tip: Maintain tight abdominals throughout movement