

Drawing In Maneuver



- There are several levels of muscles within your abs, one of these acts like a built in support to protect your back. This is a way to strengthen that support system, but some caution should be taken. Do not do this while trying to lift any weight, focus on strengthening the muscle individually in order to function as part of group later on
- On a padded surface, get on all fours with your knees under your hips and your wrists under your elbows
- Imagining something has reached through your back and is pulling your belly button toward your spine, pull your abdominal muscles inward
- Still remembering to breathe, hold that position for about 30 seconds. You should feel tightness all around your stomach area, but especially where the muscles attach at your spine
- Relax your abs slowly, resting for 30 seconds before you try again
- Don't sag in your shoulders, actively push your elbows down, keeping your eyes to the floor
- For more of a challenge, try doing this standing up, or while walking

- Hold this position for 30 seconds, or as long as you are able. Rest for 30 seconds and repeat 5-10 times

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
