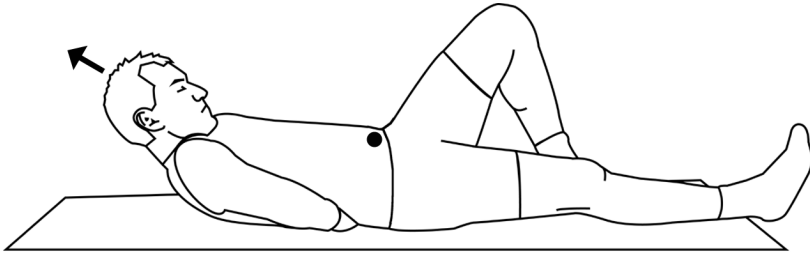


ROLL-UP (SIT-UP)



- Place hands under small of back. Left knee is flexed, right knee extended.
- Elongate and stabilize spine. Tighten abdominal muscles.
- Lift elbows several inches off floor. Tuck chin, roll head forward lifting shoulder blades off floor.
- Breathe normally.
- Hold for 10 seconds. Repeat 3 times. Switch leg positions.

Consult your physician before starting an exercise program.