



## Lower Abdominal Progression — Hip and Knee Flexion With Alternate Foot Unsupported (Figures A-E)

- Purposes:**
- To improve the performance of the abdominal muscles (e.g., external obliques, rectus abdominis, and transversus)
  - To move the lower limb without moving the pelvis or spine

**Starting position:** Bend hips and knees with feet on floor. Place fingers on abdominal muscles (i.e., outside of abdomen between pelvis and ribs).

**Level 1A: Hip flexed to greater than 90 degrees and the alternate foot lifted (Figures A-C)**

- Method:**
- Contract abdominal muscles by “pulling navel toward spine”
  - Lift one foot off the floor and bring your knee toward your chest to more than 90 degrees
  - If necessary, contract your abdominal muscles again
  - Lift the alternate foot off the floor
  - Do not let your back move
  - Lower your last leg lifted while maintaining the abdominal contraction
  - Lower your alternate leg back to the starting position
  - Repeat starting with your alternate leg

**Level 1B: Hip flexed to 90 degrees and lift the alternate foot (Figures D-E)**

- Method:**
- Contract abdominal muscles by “pulling navel toward spine”
  - Lift one foot off the floor and stop when your hip is bent 90 degrees and your thigh is pointing toward ceiling
  - If necessary, again contract your abdominal muscles
  - Lift the alternate foot off the table
  - Do not let your back move
  - Lower your last leg lifted so it returns to starting position
  - Lower your alternate leg to the starting position

**Repetitions:** \_\_\_\_\_