

Age Less Move More

Strong Belly Movement Sheet



Yoga Sit Ups - Bring your bottom up to a wall and your feet into the wall. Press your heels into the wall lengthening your low back. Place your right hand on your left shoulder and your left

hand on your right shoulder. Breathe deeply in and out of your belly. On an exhale bring your right elbow toward your left knee, inhale, exhale come back down. Inhale do nothing. Exhale bring your left elbow toward your right knee. Inhale. Exhale come down and keep going until you grow tired.