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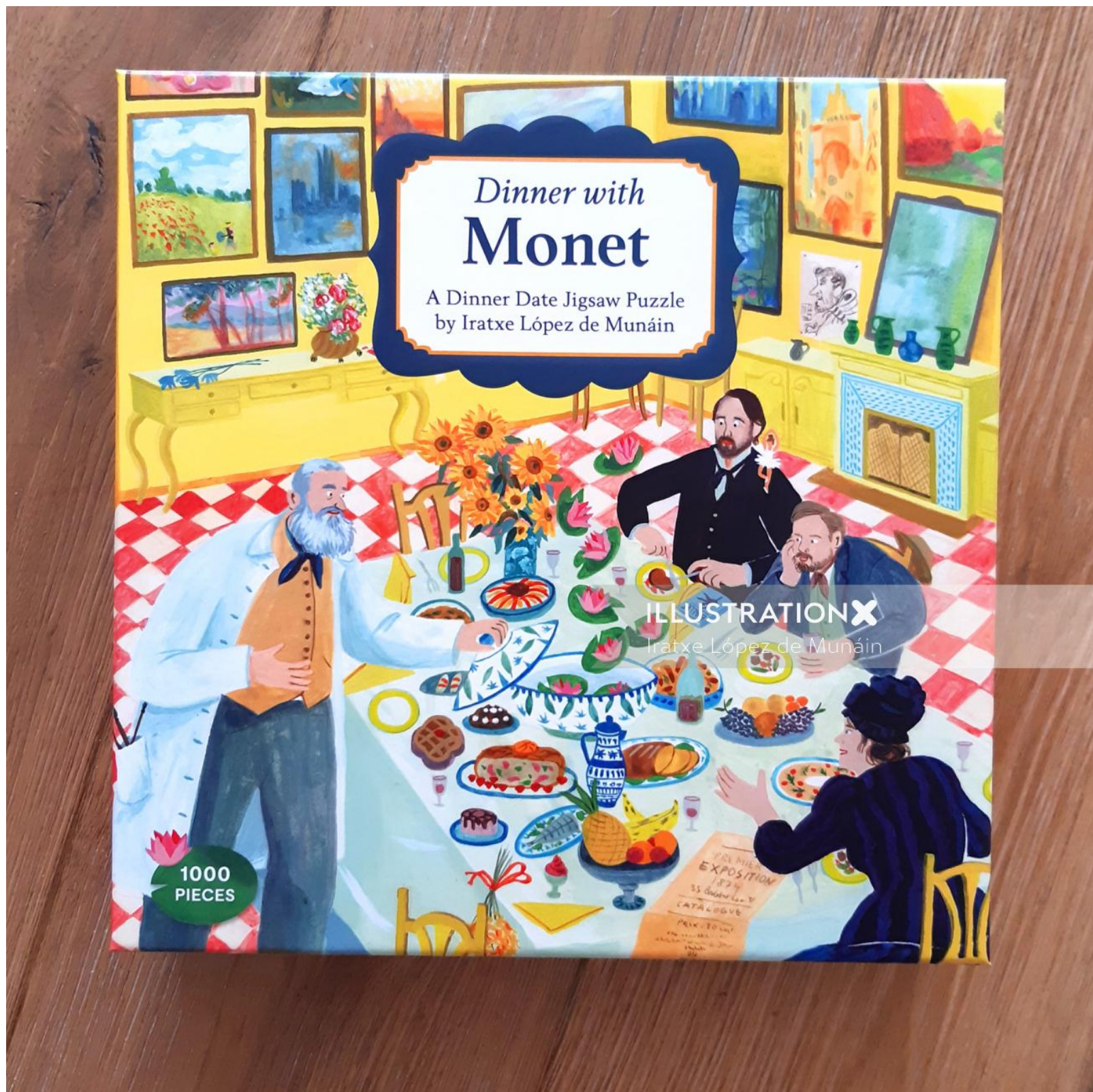
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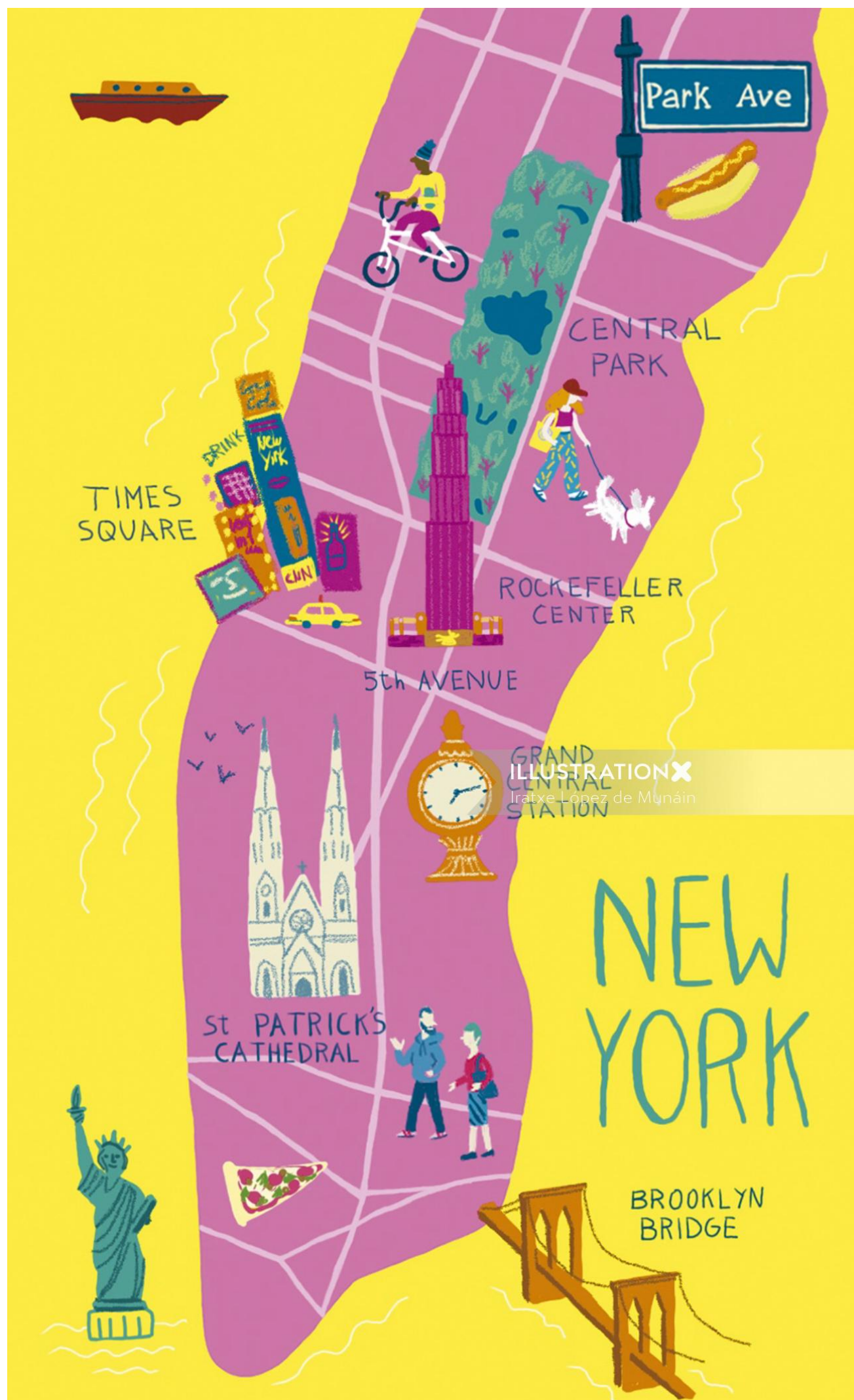
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FARM STICKERS

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Belly button pulls

Lie faceup on the floor with your legs straight and your arms at your side. Imagine a string attached to your belly button that's being pulled toward your spine. Hold that position for 30 seconds and release. Do 10 repetitions. It may help to place your hands under the small of your back when you pull your belly button in.



Planks

Place elbows and forearms on the floor, and rest your body on your knees. With your toes pointed to the floor, lift your body to form a straight line from head to feet without sagging in the middle, eyes looking forward. Hold for 20 seconds. Do 10 repetitions. If this is a difficult exercise for you, then try it with your knees bent.



Bridges

Begin the basic bridge by lying faceup on the floor with your arms straight and away from your side to aid with balance. Bend your knees so that your feet are flat on the floor. Lift your gluteus (buttocks) muscles off the floor until your body is in a straight line from the shoulders to the knees. Hold for 20 seconds. Do three sets of 10 repetitions. For a challenge, try using other surfaces like a bed or an exercise ball during these exercises.



Crunches

Lie on your back, knees bent at 90 degrees with your lower legs supported by a chair. Place one hand on your upper abdomen where your stomach meets your ribs, and place the other hand on your lower abdomen. Bend your body so that the hand on your upper abdomen moves toward the hand on your lower abdomen and your shoulder blades leave the floor. Do three sets of 10 repetitions. #

*Consult your physician before starting a new fitness program.

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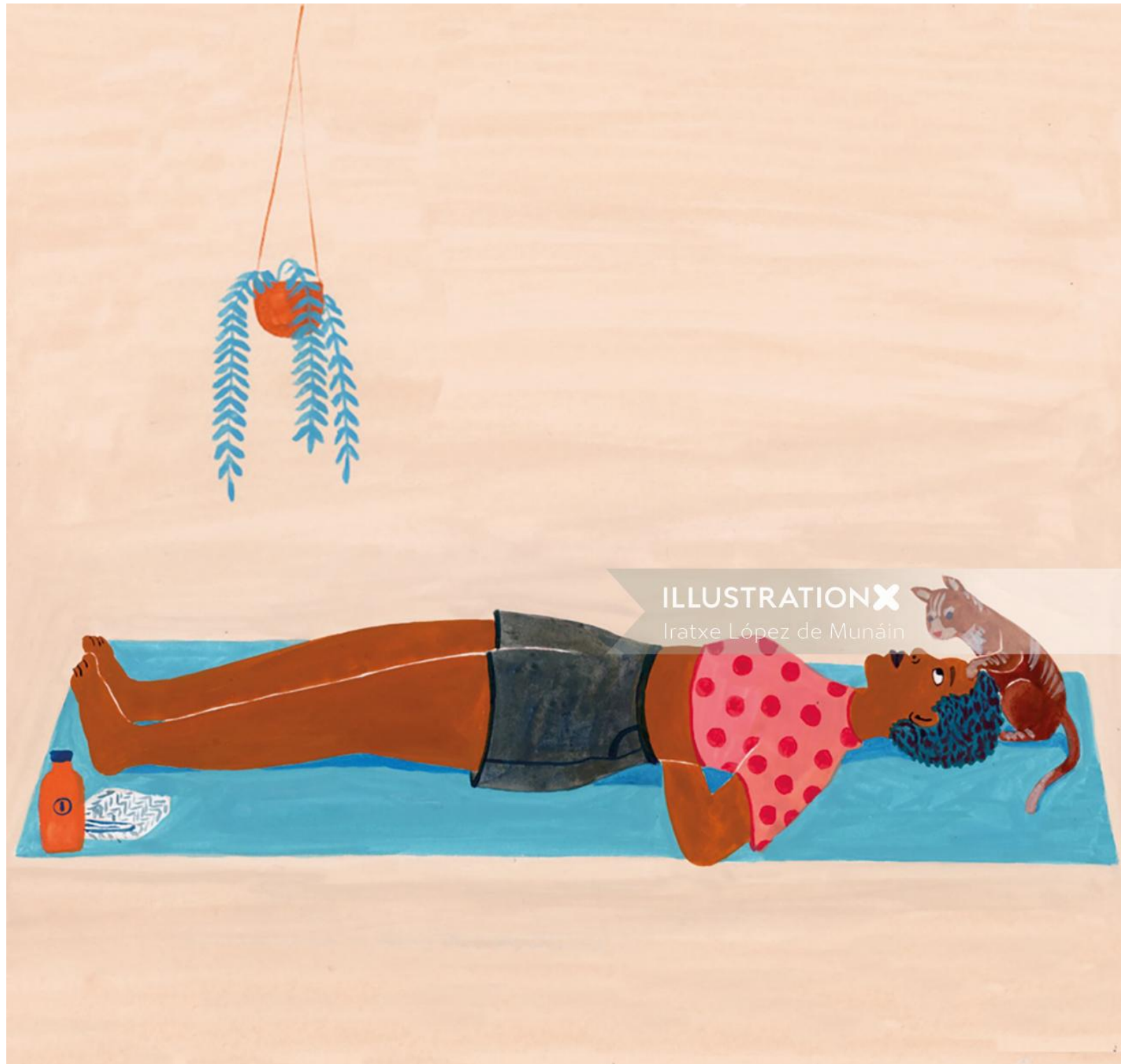
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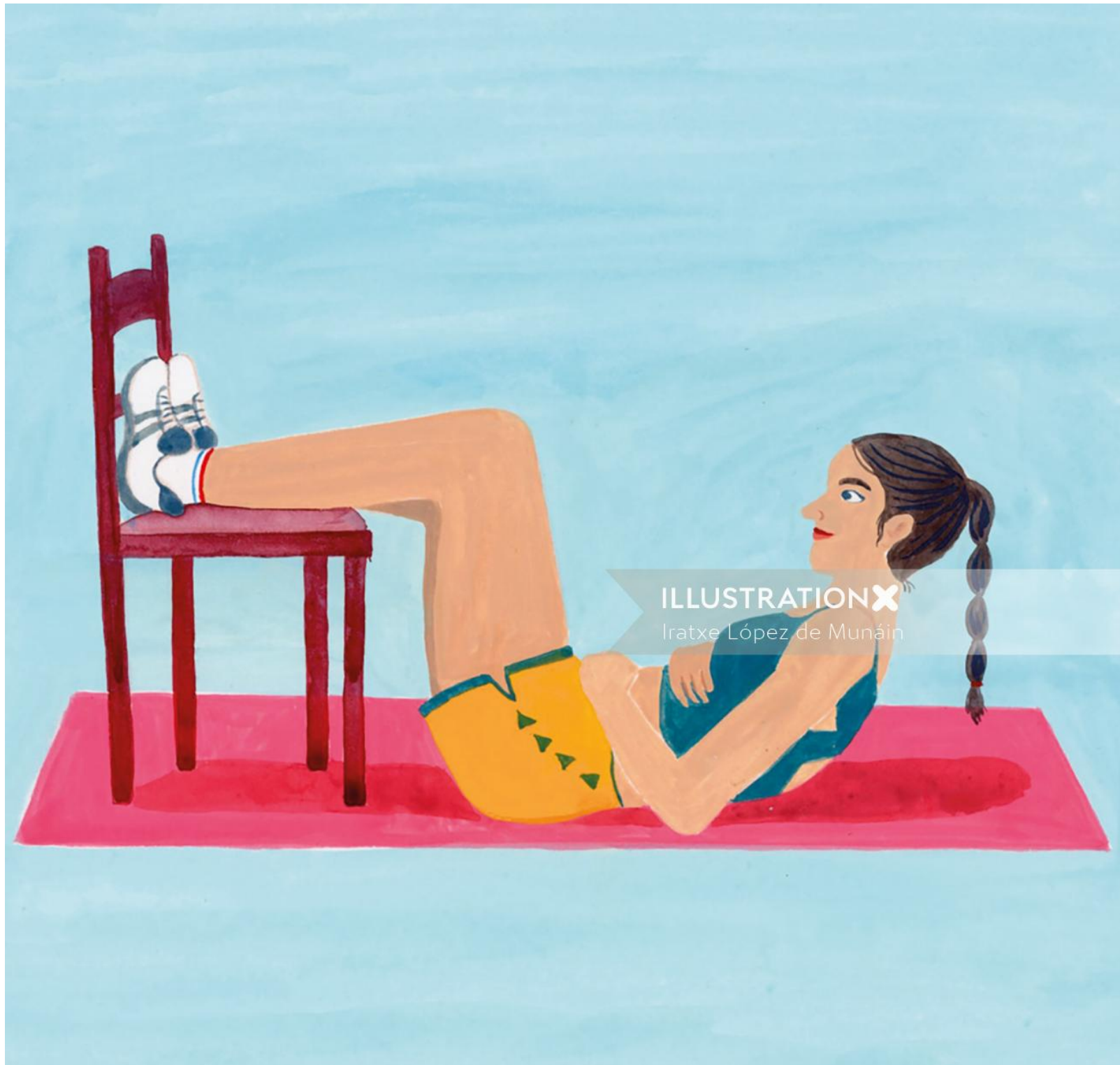
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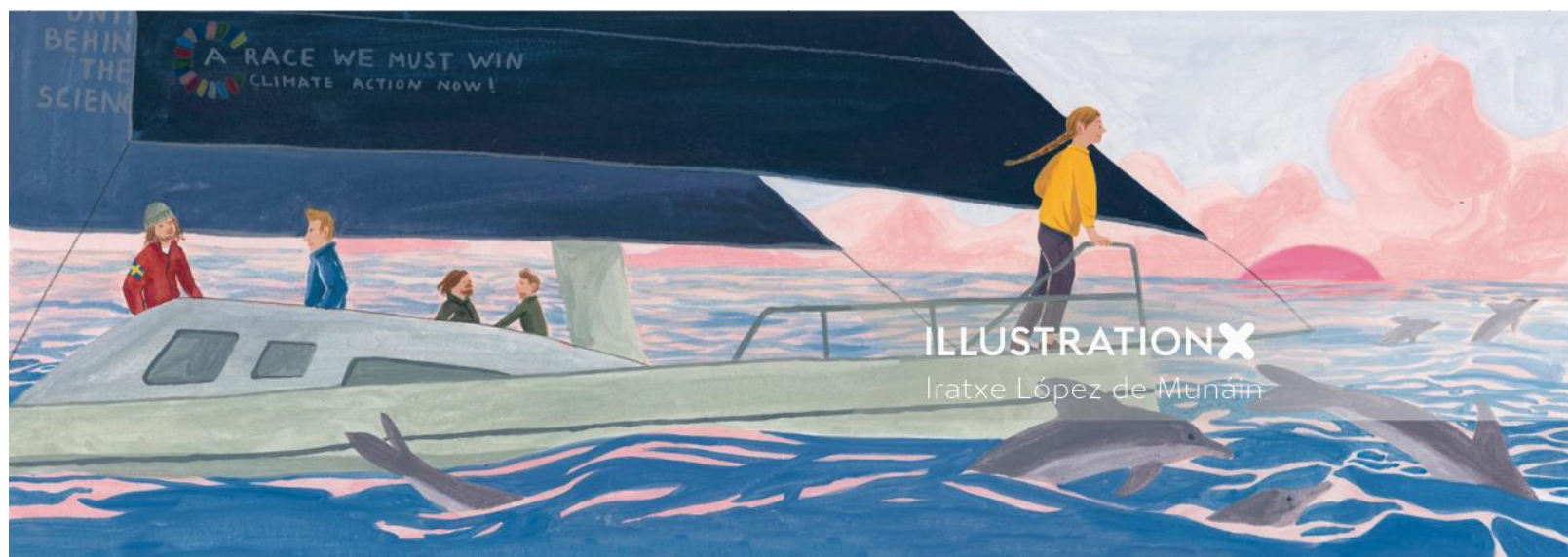
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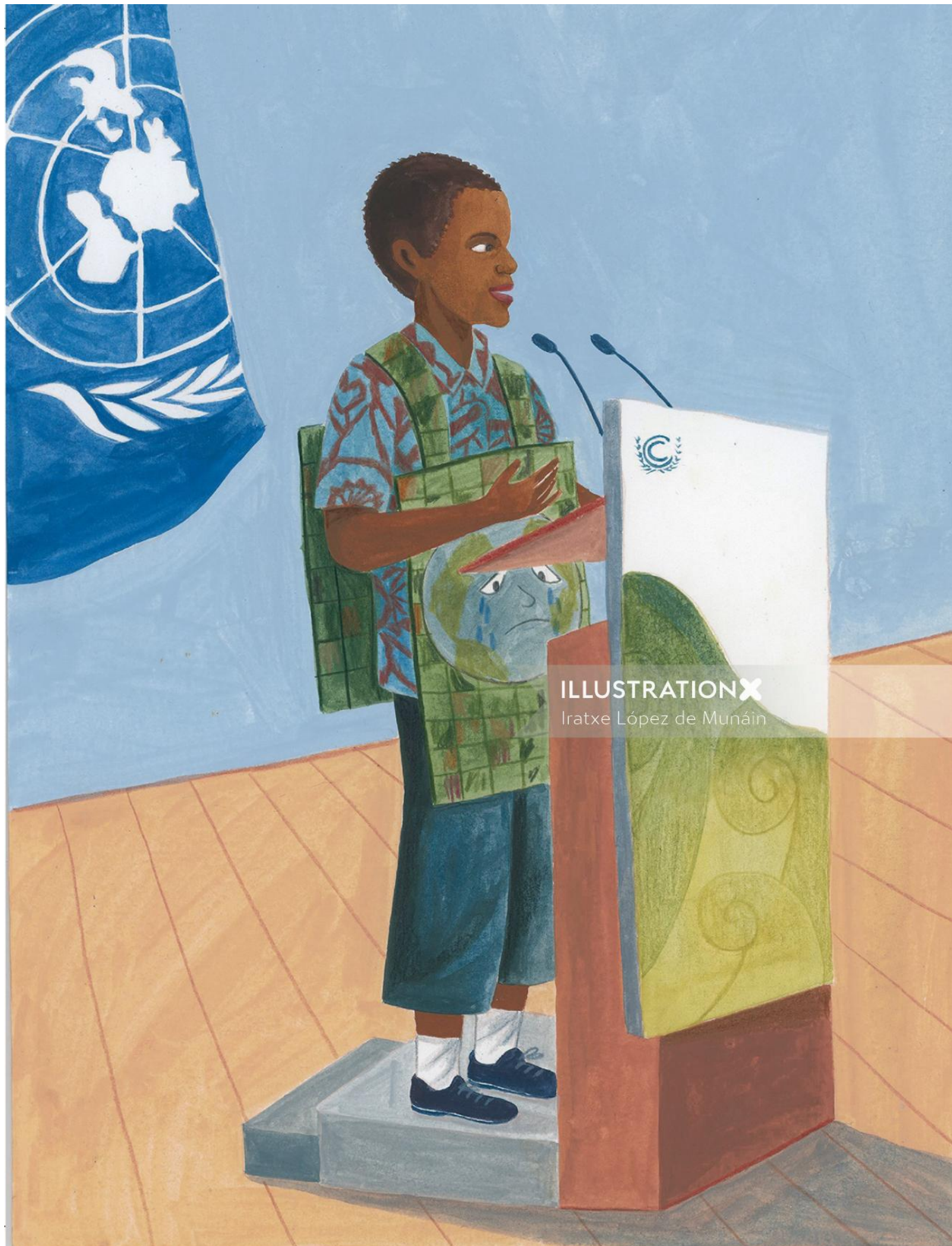
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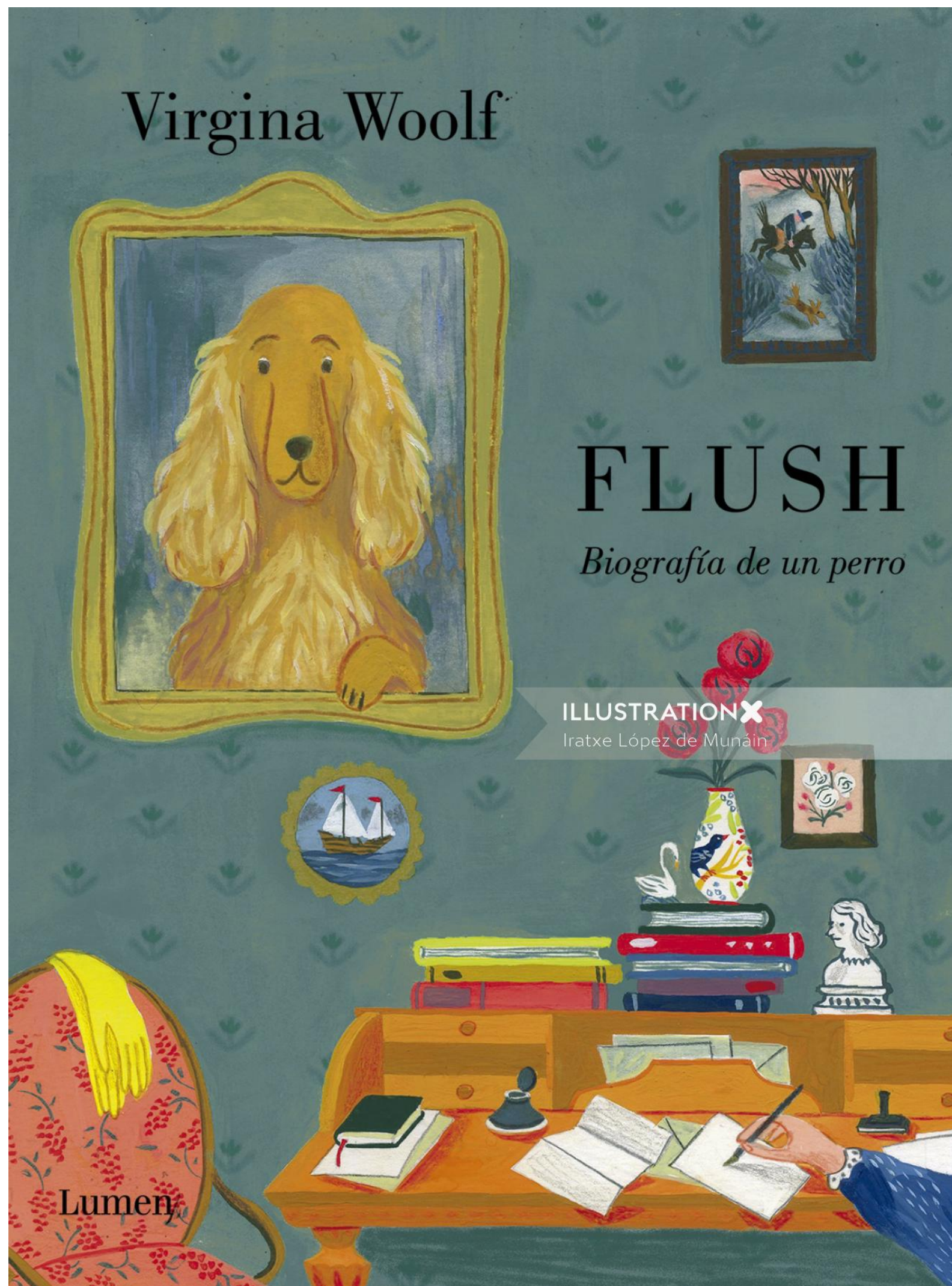
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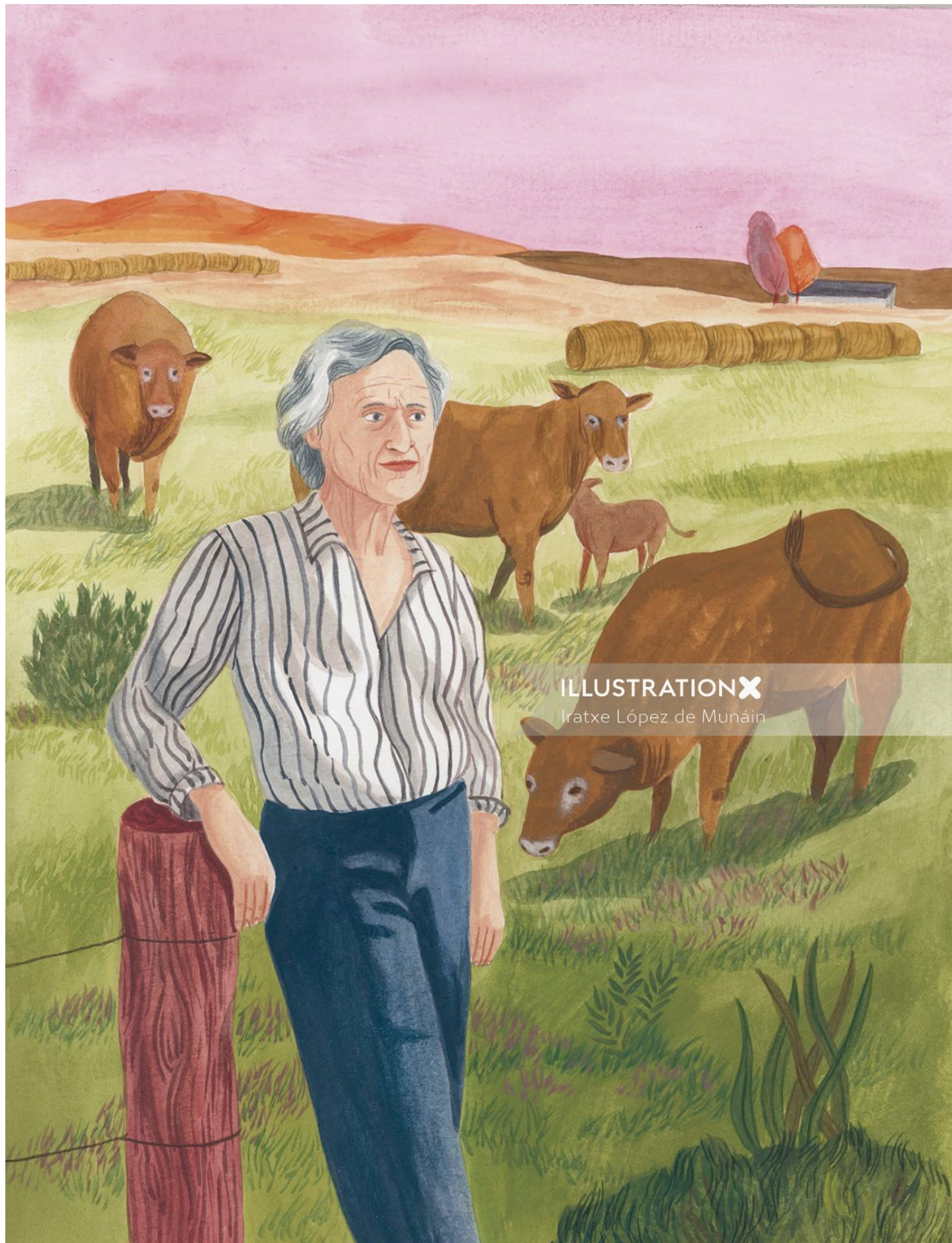
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