



1) ABDOMINAL BREATHING

Activate and train your primary core muscle

Relax the forehead onto the hands as shown.

Breathe into the lower back so it rises up.

As you breathe in, fill the front, back and sides of your lower torso.

As you breathe out, let your body relax back to the starting position, keeping your neck and shoulders relaxed at all times.

Perform 20 breaths.

Remember your breathing pattern during all your exercises!