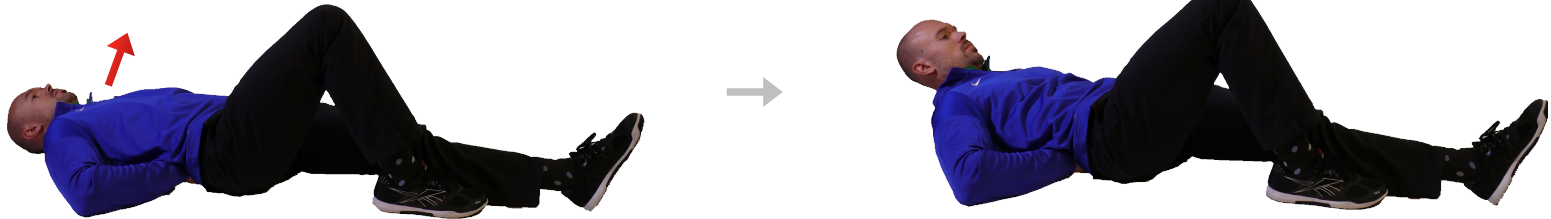




CURL UP

Level 1



Level 2



Level 3

elbows off ground

INSTRUCTIONS

Step 1: Tuck chin

Step 2: Lift head and shoulders up just far enough so shoulder blades start to lift off the ground

Step 3: pause at the top for ____seconds then return to the ground lowering your hips slowly over ____ seconds

Sets: _____ Repetitions: _____ Duration: _____ Frequency: _____