Abdominal Bicycle

Lie on the floor. Lift your head and shoulders off of the floor. Support your head with your fingertips. Be careful not to pull on your neck or dig your chin into your chest. Bend your left knee and extend your right. Rotate your torso toward the left knee.

Exhale and twist your torso to the right. Bend your right knee and extend your left. Repeat the exercise as you rotate from side to side. Think about bringing your shoulder to the opposite hip. Do not touch your elbow to your knee since this may cause you to strain your neck.