Abdominal Double Leg Stretch

Lie on the floor. Extend your arms and legs to 45° angles as shown. Keep your neck in alignment with your spine. Do not dig your chin into your chest. If your neck starts to fatigue, place one hand behind your head for support.

Exhale and tuck your arms and legs together. For greater intensity, attempt to lift your hips off of the floor as you tuck. Think about bringing your rib cage ward your pelvis. Pause briefly. Inhale and slowly return to the starting position.