SAHRMANN LEVEL 1

DIFFICULTY: EASY - ALL FITNESS LEVELS
TYPE: CONDITIONING
GOAL: CORE STRENGTH

PROCEDURE
1. Lie on your back with your knees bent.
2. Slide one leg out along the floor until fully extended.
3. While keeping your abdominal muscles engaged, slowly slide your leg back to the bent knee position.
4. Perform the same exercise as above with your other leg.
5. Between each rep, relax your abdominal muscles.
6. Repeat 10 times.
7. Complete 1 set once a day.