Strengthening Muscles is what makes Bones Strong.

STRENGTHENING SPINE and Stomach Abs Core:

• Tighten Core “suck in gut” with belly button to spine, BUT STILL ABLE TO BREATHE:

• Stomach exercises – Belly Button to Spine & LowBack FLAT on floor, and head not raised up:

• Plank: Keep core tight, but still able to breathe.
Neutral Spine (do not jut head forward). Imagine a straight board on your back from your head to your tailbone.
Shoulders down away from ears. Tuck tailbone in, with belly button to spine.

This information should be discussed with your physician and your medical team to insure it fits your specific medical needs.
If ANY of these exercises causes you discomfort or PAIN, THEN STOP the exercise.