

## Exercises 17 – 21

### Knee-Chest, Single Knee-Chest, Reverse Sit-up

#### Knee Chest:

Bring the knees together up to the chest. Pull them up as far as possible. This will pull and stretch the muscles of the pelvis and lower back. Return the feet to the floor and bring them back up to the chest and hold.

#### Single Knee-Chest:

Bring one knee to your chest and pull it toward you while extending the opposite leg so it is straight. Hold the bent knee for a few seconds. Then switch knees to stretch out the front of the thigh and the back of the legs, alternate rapidly from side to side first one knee up, then the other. This exercise is excellent for limbering up the legs and getting the circulation moving.

#### Reverse Sit-up:

Bring your knees up to your chest and then bring the feet back to the floor but do not put the feet on the floor. Keep them one inch from the floor and hold for one second. Return the knees to the chest and back to the one inch position. This reverse sit-up will work on the pelvic and stomach muscles.