Start the exercise lying on your back with your legs bent
The feet are hip-width apart and the Glutes and the lower back are slightly tense
Bring the fingertips to the temples without applying pressure or supporting the head
The glaze is directed diagonally upwards
Start the exercise by lifting the shoulders and chest in a regularly tempo slightly off the floor
The point is not to bend the upper body, but to go straight upwards
The movement goes upwards in about 10 to 30 centimeters at the most
After that, the upper body is lowered again and the whole thing is repeated

Muscle groups: straight, upper abdominals and the pyramidal muscle
Bike ride

- Strat the exercise lying on your back with your legs bend
- The feed are hip-width apart and the glutes and lower back are slightly tense
- Bring the fingertips to temples without applying pressure or supporting head
- Der The glaze is directed diagonally upwards
- Now start with the exercise by lifting your left and right shoulder alternately
- At the same time, move your leg on the other side towards the upper body, tensing entire leg and gluteal muscles (riding a bicycle)

Muscle groups: straight, diagonal, and posterior abdominal muscles
Pelvis lift

- Lie with the back on the floor, your arms rest next to your upper body
- Lift your outstretched leg slightly
- Bring your both legs up at the same time (approx. 90-degree angle to your upper body)
- Lift your pelvis a little bit upwards for a short moment and carefully lower it back to the floor
- Slowly bring your pelvis back to the start position, but don`t rest them on the floor
- Make sure that you don`t make a hollow back when lifting your legs

Muscle groups: Abdominal muscles