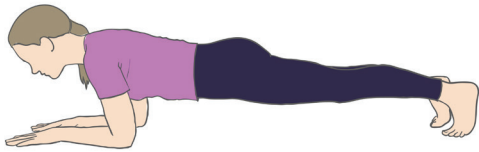


# Hanson's Spine Exercises for Men and Women

## 7 Minute Solution



### Minute 1: *Plank*

Lie on your stomach and come up onto your forearms and knees. More advance exercisers: Come onto your toes. Your elbows should be directly beneath your shoulders. Beginners: Hold this position for 30 seconds and build up to 1 minute.



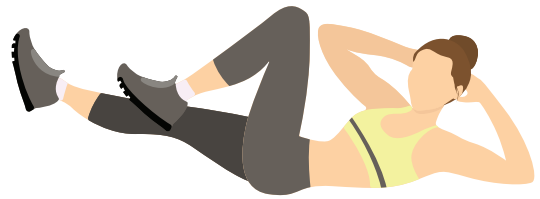
### Minute 2-3: *Side Plank*

Lie on your side with your legs stacked on top of each other. Bend the knee closest to the floor for support and push up onto one elbow, lifting your hips off the floor. Hold for 1 minute, then switch.



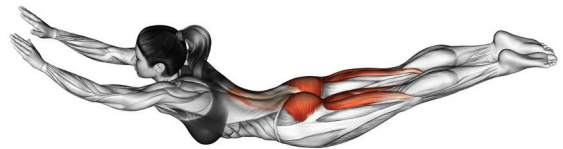
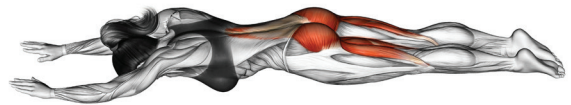
### Minute 4: *Crunch*

Lie on your back, knees bent, feet flat on the floor, hands behind your head for support. Exhale as you lift your shoulder blades off the floor. Don't worry about how high you come up; It is more important to pull your stomach in as deeply as you can.



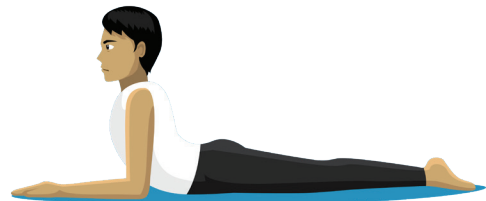
### Minute 5: *Bicycle*

Come into crunch position but with feet and shoulder blades lifted off the floor. Rotate your left shoulder toward your right knee as you pull the knee into your chest and extend you left leg; switch. Repeat for 1 minute.



### Minute 6: *Superman*

Lie face down, arms extended straight out in front of you. Legs straight behind you with your forehead an inch off the floor. Lift the arms and legs and hold. Beginners: Start by lifting opposite sides (Ex. Lift left arm and right leg, hold, then switch) hold for 1 minute.



### Minute 7: *Stretch*

Still lying face down, bring your hands underneath your shoulders, right at your armpits. Lift your shoulders halfway up. You should feel the stretch in your abs. Hold, relax, and repeat for 1 minute.