Title: Seated Vacuum

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ul>

<li>Sit up straight on a bench or chair with your hands on your thighs.</li>

<li>Take a breath in for three to four seconds.</li>

<li>Exhale while focusing on drawing your navel towards your spine.</li>

<li>Keep exhaling for a minimum of five seconds.</li>

<li>Relax and repeat.</li>

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