

Heel Touches

Exercise Objective: Develop strength in the abdominal muscles

Start Position

1. Lie on the floor face up with arms straight at the sides, and palms flat
2. Bend knees keeping feet flat on the floor and pressing lower back into the floor

Procedure

1. Pull chest toward thighs, lifting scapula off the ground, and contract abdominal muscles
2. Hands should slide along the ground close to the body until they make contact with the heels
3. Hold position for 1 s and slowly return back to the start position, pause, and repeat for the desired repetitions
4. For the obliques, bring the right shoulder toward the right heel by sliding the right hand along the ground until it touches the heel
5. Slowly return to the start position, and repeat on the left side

Coaching Points

1. Avoid pulling head forward throughout the exercise
2. Avoid lifting the lower back off the ground