

## Taking Weight on Hands

Try these activities in order. In all of the activities, squeeze your stomach muscles to create good body tension that will help you to stay in a straight line.

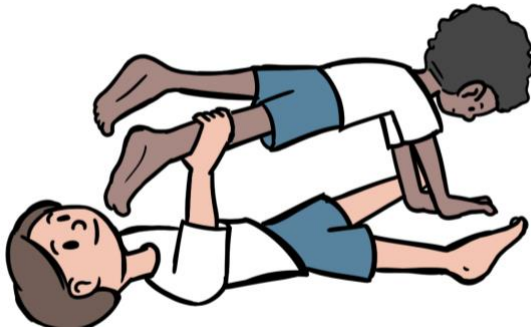
1



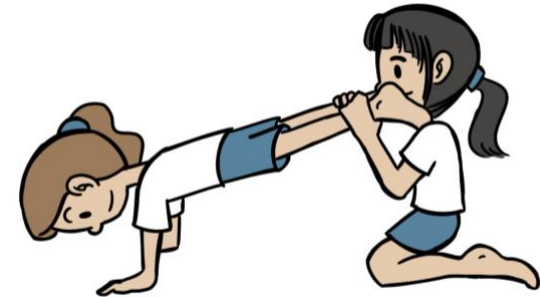
2



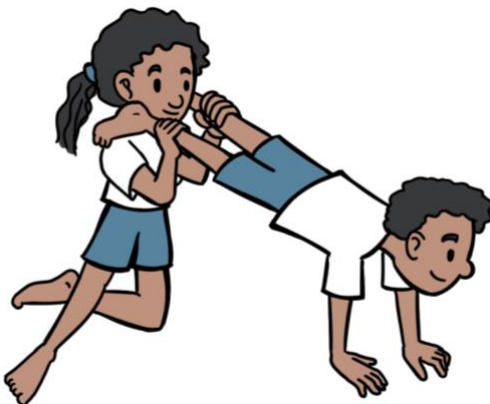
3



4



5



6

