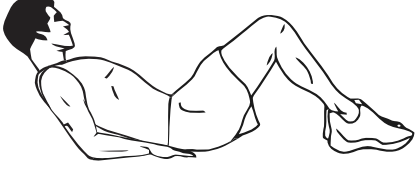
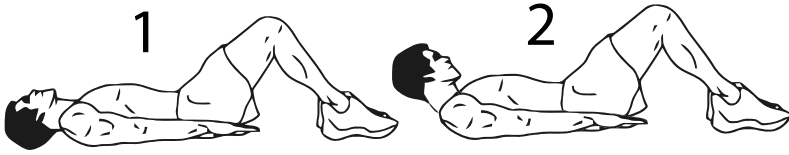


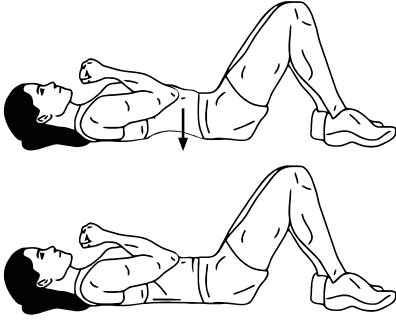
Dizlerinizi tek tek ve birlikte karnınıza çekin.



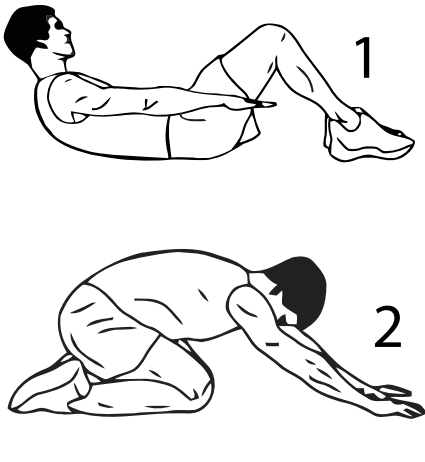
Yarım mekik yapın.



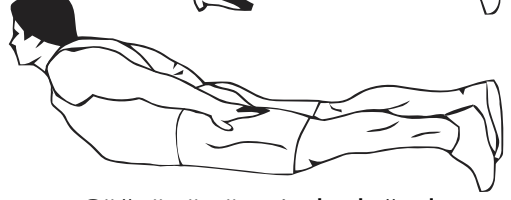
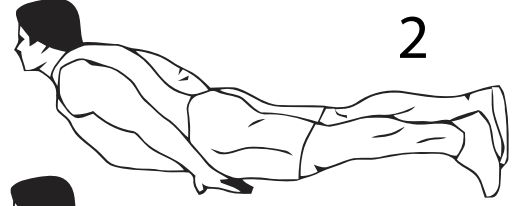
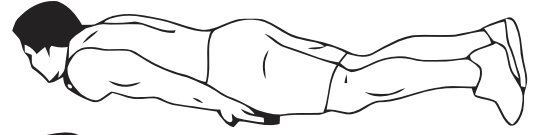
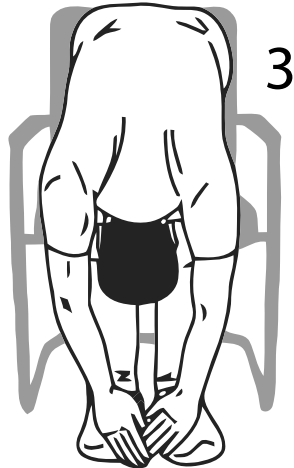
Bel çukurluğunuzu düzleştirin ve başınızı hafifce kaldırın.



Karnınızı çekerek bel çukurunuzu zemine doğru bastırın.



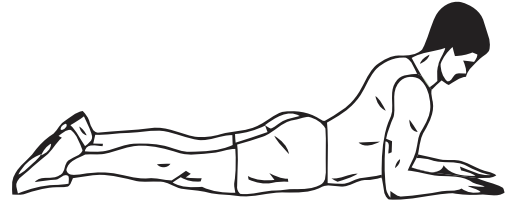
Şekildekiler gibi belinizi esnetin.



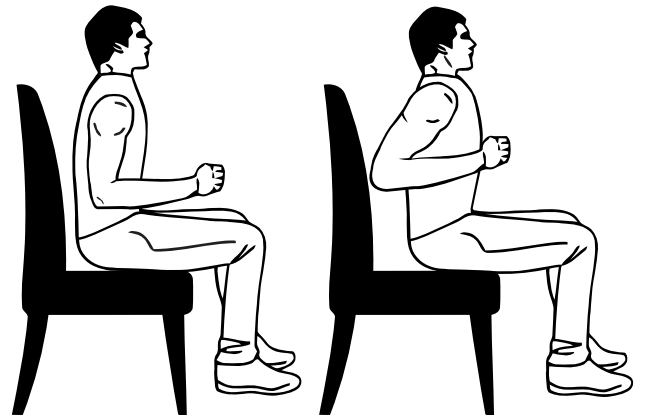
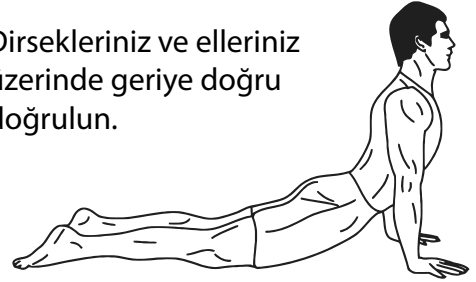
Göğsünüz üzerinde doğrulun.



Sonra sağa ve sola doğru gövdenizi esnetin.



Dirsekleriniz ve elleriniz üzerinde geriye doğru doğrulun.



Şekildekiler gibi belinizi çukurlaştırın sırtınızı gerin.