

# P-SARP EXERCISES FOR POST-70'S MEN & WOMEN

THE C L U E PROGRAM Core • Lower • Upper • Egg

## CORE EXAMPLES



### LOWER BACK ELASTO PRESS (PELVIC TILT, VERTICAL)

Hands on lower back (above glutes)  
Press and hold and rotate slow  
5 seconds to left, 5 seconds to right  
5 rotations (1 minute)

**2 SETS**

(stretches back muscles, strengthens abs, relieves lower back pressure)



### QUAD PRESS (TRACTION, VERTICAL)

Hands on upper quads  
Press and hold and rotate slow  
5 seconds to left, 5 seconds to right  
5 rotations (1 minute)

**2 SETS**

(strengthens abs, pecs, elongates spine)



### ABDOMEN PRESS

Hands on lower abdomen, thumbs on belly button  
Press and hold and rotate slow  
5 seconds to left, 5 seconds to right  
5 rotations (1 minute)

**2 SETS**

(strengthens abs, pecs, triceps)