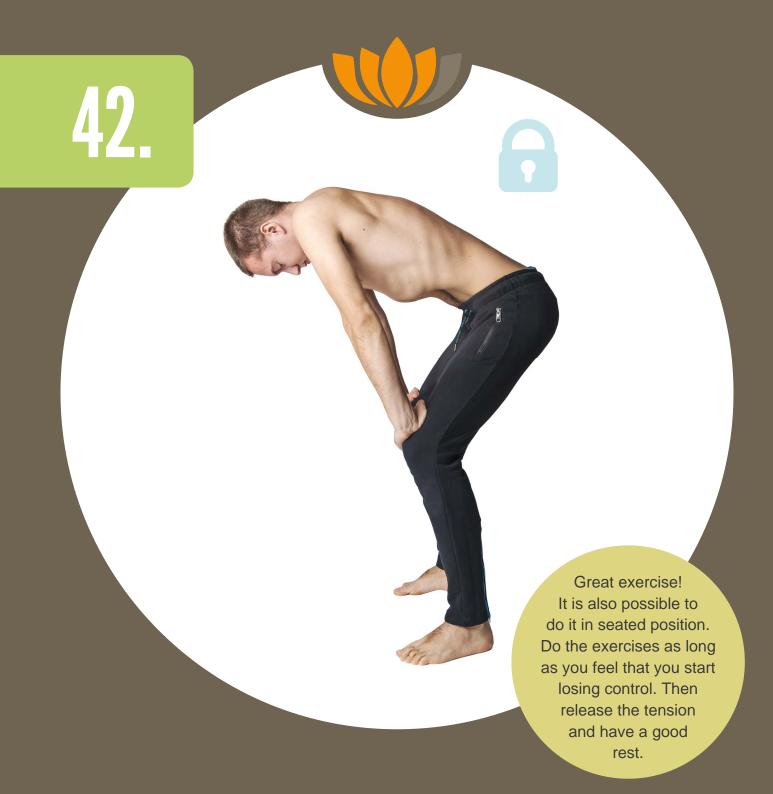
Upward abdominal lock Udianabandha asana



Stand straight, make a deep exhale. Press your palms against half-bended legs. Pull in your stomach muscles as high as possible, while you exhale.