

BALL CRUNCH



Sitting on a fit ball, roll out so fit ball is positioned in the small of your back. Place hands so that your fingers are by your ears. Contract the abdominals and curl forward, lifting both shoulders and head towards the ceiling. Keep your chin pointing up.

Reps: 3 sets of 10 reps

Vary the exercise by propping your feet up against the wall or progress the exercise by reaching arms up during the crunches.



ALTERNATING LEG LIFTS ON BALL

Start by sitting on a fit ball and slowly roll forward & lean back until the ball is positioned under your shoulders. Extend your arms over your head, keeping your core muscles switched on and your torso parallel with the floor. Lift one knee up and hold for 5 seconds.

Reps: 2 sets of 10 reps, each leg. Progress to 30 second holds.



CAPTAINS CHAIR

Sit on a chair without arm rests. Sit with your hands on the side of the chair. Shift your body weight onto your hands and lift your thighs and buttocks off the chair a few inches. Keep your knees and hips bent and hold the position for 12 seconds.

Reps: 2 sets of 10 – 12 reps

