

Oblique Ball Crunch



Description: Place a yoga ball 2-3 feet away from a wall. Next, rest your right hip on ball and anchor your feet against the wall with right leg forward and left leg back. Raise your torso so that it is upright and your back is straight. Raise arms up so that they are straight out from your sides. This is the starting position. In a controlled manner, lower your torso down until you reach the ball. Pause briefly and lift yourself back up with your obliques. Try to go down slow and up slightly quicker.

Sets/reps: 12-15 repetitions for 2-3 sets.

Modifications: Place both hands on head to increase difficulty of movement.

Common Mistakes: Disengaging the core; use these muscles to support the movement, or injury can occur.

Target Muscles: Oblique Abdominals.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.