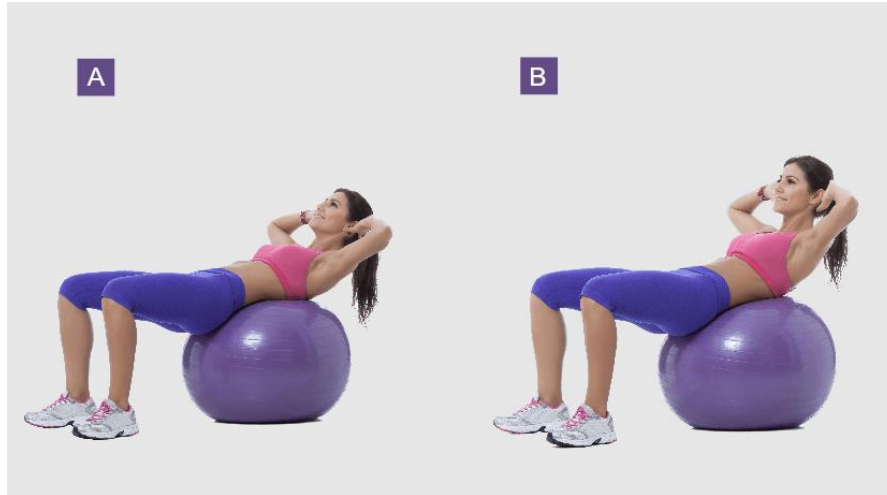


Stability Ball Crunch



Description: Sit on a large ball with your feet flat on the floor. Walk your feet forward, letting your entire back rest on the ball and keeping your thighs parallel to the floor. Cross your arms over your chest or rest your fingers on the back of your head and slightly tuck in your chin. Contract your abs and exhale as you raise your torso about 45 degrees. Pause, then lower, inhaling as you go. If you feel unstable, move your feet farther apart.

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

Modifications: Use a larger ball for more back support. Hold a medicine ball or dumbbell for added resistance.

Common Mistakes: Pulling on head with hands. Not fully stretching out abdominal muscles on the way down. Performed as a sit-up not crunch movement.

Target Muscles: Abdominals.

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

