Title: Medicine Ball V-Ups

Primary Muscle Groups: Abs

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li class="p1">Lie face up on with a medicine ball between your hands and your arms extended behind you. Keep your arms and legs straight and then raise your feet an inch off the floor.</li>

<li class="p1">Raise your torso and legs up at the same time and touch the medicine call to your feet. Hold for a moment.</li>

<li class="p1">Lower down to starting position with arms and ball behind your head.</li>

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