Title: Stability / Swiss / Exercise Ball Ab Pike Press

Primary Muscle Groups: Abs, Glutes &amp; Hip Flexors

Secondary Muscle Groups: Shoulders

Summary: <ol>

<li class="p1">Get into a push-up position, resting the tips of your feet on a swiss ball. Keep your legs straight behind you.</li>

<li class="p1">Bend your hips and pull your feet towards your chest, allowing the ball to roll forward. Hold.</li>

<li class="p1">Slowly roll back to the starting position and then continue rolling forward and backwards for the desired amount of repetitions.</li>

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