Title: Stability / Swiss / Exercise Ball Crunches

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ol>

<li>Sit on an exercise ball, your feet flat on the floor.</li>

<li>Roll the bottom half of your glutes off the ball by walking your feet away from the ball. Your lower back should be positioned at the top centre of the ball.</li>

<li>Place your hands loosely behind or on the sides on the sides of your head, but don't use your them to pull yourself up. Doing so can cause neck injuries.</li>

<li>Curl your upper body forward rolling your shoulders forward and down towards your hips.</li>

<li>Continue curling forward as far as comfortable. Hold and squeeze your abdominal muscles for a count of one.</li>

<li>Return to the starting position and pause, then repeat.</li>

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