Title: Stability / Swiss / Exercise Ball Knee Tuck to Chest

Primary Muscle Groups: Abs

Secondary Muscle Groups: Calves, Glutes &amp; Hip Flexors, Quadriceps

Summary: <ol>

<li class="p1">Position yourself on all fours with your torso on a swiss ball and hands and feet on the floor. Stretch your legs back and keep your hands under your shoulders.</li>

<li class="p1">Engage your abs and slowly walk your hands forward until your feet lift off the floor. Carry on walking out until your quads or knees rest on the ball in a plank position.</li>

<li class="p1">Slowly bend your knees in towards your chest allowing the ball to roll forward. Tuck your knees under your torso as your hips lift towards the ceiling.</li>

<li class="p1">Slowly straighten your legs and roll the ball out to the starting position.</li>

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