Title: Stability / Swiss / Exercise Ball Rollout

Primary Muscle Groups: Abs

Secondary Muscle Groups: Middle Back / Lats, Obliques

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Kneel on the ground and place a Swiss Ball in front of you. Cross your feet in the back. Brace your core as you place your forearms on the Swiss Ball.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by slowly rolling out with the Swiss Ball. Feel the contraction of your core as you move further out.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once you are fully extended, pause, then slowly roll back up to the starting position. Rely on your core muscles to roll you out and pull you back in.</span></li>

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