Title: Swiss Ball Hand Off / V-Pass

Primary Muscle Groups: Abs

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sitting on the ground, begin by placing a Swiss Ball between your feet. Lie back and extend your arms overhead.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Contract your abdominals and your hip flexors, simultaneously bringing your upper and lower body together. Carefully pass the Swiss Ball to yourself and lower back to the starting position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Repeat the contraction and place the Swiss Ball between your feet again. Slowly descend to the starting position, alternating the back and forth motion.</span></li>

</ol>