Title: Swiss Ball Leg Lifts

Primary Muscle Groups: Abs

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li class="p1">Lie face up with your legs straight and a swiss ball between your ankles.</li>

<li class="p1">Raise your shoulders and head slightly off the floor and keep your arms reached down at your sides with hands hovering just off the floor, palms facing down.</li>

<li class="p1">Engage your abs, squeeze your inner thighs and ankles into the ball and lift your legs up to a 45-degree angle.</li>

<li class="p1">Slowly lower the ball down until it gently touches the floor.</li>

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