Title: Swiss Ball Plank

Primary Muscle Groups: Abs

Secondary Muscle Groups: Lower Back

Summary: <ol>

<li class="p1">Assume a push-up position and rest your forearms flat on a swiss ball. Your legs should be straight behind you with your feet resting on your toes. Keep your legs hip-width apart.</li>

<li class="p1">Raise your hips to form a straight line with your body and hold the position for approximately 30 seconds. Keep your core engaged and breathe deeply.</li>

<li class="p1">Slowly lower down to starting position.</li>

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