

PROPER FORM FOR THE FITNESS PROTECTION PROGRAM

15 MINUTE WORKOUT EXERCISES

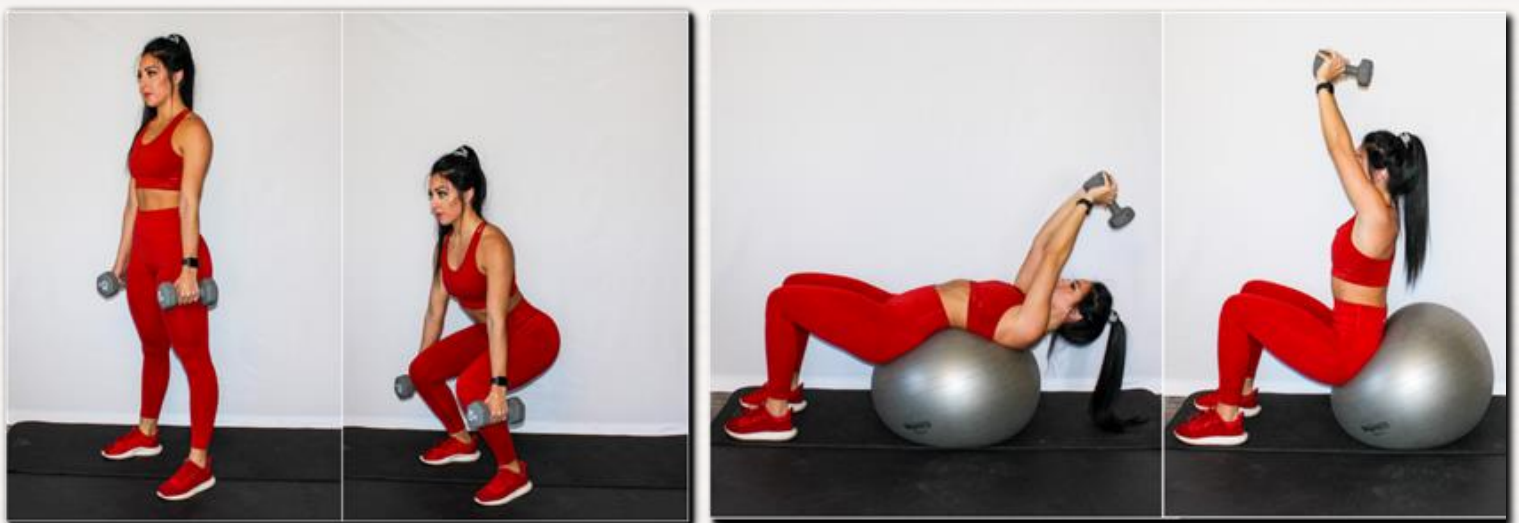
Proper form is essential to avoid injury and to properly target the intended muscle groups.

The workouts are simple, just push the “Start Your Workout” button and the next workout will pop up automatically. Just push play to begin.

Every workout begins with 3 quick warm up exercises (1 set of each). It is critical to warm up your muscles prior to a rigorous workout!

After the warm up, the main exercises in each workout are designed by fitness experts to provide a balanced, full body workout. The exercises are paired to provide the most efficient and effective fat burning and muscle building session in just 15 minutes.

The workouts can be done without any equipment, however we recommend you use Dumbbells and a Swiss Ball. Adjust the weight of the dumbbells to increase or decrease the difficulty of the workout. Ideally, your last rep will be difficult, but you are able to maintain perfect form.



You should consult your physician or other health care professional before starting this or any other fitness program [Full Disclaimer](#)

If you do not have access to dumbbells, you can use 1-gallon water jugs (8.3lbs filled with water). You can always do alternate exercises if you do not have a Swiss Ball.

The rest periods in between the exercises are short to keep your heart rate up, but give you enough time to recover and quickly prepare for the next exercise.

After the 15 Minute Workout is an optional 5 Minute Fat Blaster Bonus. It is highly recommended to get the most out of the workout. You're already sweating, you might as well finish strong and burn more fat.

It is also highly recommended that you do some stretching immediately after your workout while your muscles are warmed up.

Below are the workouts as they show up on the App. Make sure you review the proper form for each exercise prior to your workout.

Consistency is the key to getting and staying fit. This App makes it easy. Just push the "Start Your Workout" button and do the workout. It automatically brings up your next work out for you.

Everyone can find 15 minutes in their day to improve their health and fitness!

Invite friends to keep each other on track toward your quest for fitness.

Below are the Workouts as they cycle through the App:

You should consult your physician or other health care professional before starting this or any other fitness program [Full Disclaimer](#)

Workout #1

Air Squats (Warm Up)

1. Stand with your feet hip-width apart, toes slightly outward, arms at your sides, core engaged, chest out and shoulder blades pulled back.
2. Bend your knees and squat as if sitting in a chair. Keep your weight centered, your core tight, and your torso upright (back straight). As you lower to a parallel position (or lower), you can either raise your arms straight in front of you or keep them bent in front of your chest.
3. Straighten your legs and squeeze your butt to come back to standing, raise your arms to the sky.



Push Ups on Knees (Warm Up)

1. Start in a push up position with your hands on the floor directly under your shoulders and your knees on the ground behind you so that your body is in a straight line from your knees to your head. Engage your glutes, tense your legs and brace your core to keep your body rigid.
2. Slowly lower your body to the floor keeping your head in line with your body.
3. Press upwards until your arms are straight.



Toe Touchers (Warm Up)

1. Stand with your feet shoulder-width apart, toes facing forward, arms at sides and legs straight with a slight bend in your knees.
2. Slowly bend forward at the hips and reach your fingers down toward your toes.
3. Return to the starting position.



Dumbbell Squats (4 sets)

1. Stand with your feet slightly wider than hip-width and dumbbells at your sides.
2. Keeping your back straight and knees behind toes, sink your hips back and lower into a squat until your thighs are parallel to the floor.
3. Extend your hips and knees to drive up to a standing position.
(Alternate Exercise: Air Squats)



Push Ups (4 sets)

1. Get on the floor positioning your hands slightly wider than your shoulders and your legs extended back so you are balanced on your hands and toes. Keep your body in a straight line without sagging or arching your back.
2. Engage your core, glutes and legs. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle.
3. Exhale as you contract your chest muscles and push back up through your hands into starting position.



Renegade Rows (4 Sets)

1. Get into push up position with feet wide apart and your shoulders directly over your wrists and dumbbells. Engage your core, tighten your glutes and legs, and keep your body in a straight line.
2. Start the row by pulling your elbow up and back toward your lower ribs. Do not rotate your torso. Keep your hips and shoulders square to the ground.
3. Return the dumbbell to the ground and repeat on the other side.



Alternate Exercise on Knees



Mountain Climbers (1 Set)

1. Get into a push up position with your weight evenly distributed between your hands and toes, hands shoulder-width apart, back flat, abs engaged and head in alignment.
2. Pull your right knee into your chest as far as you can without rounding your lower back.
3. Switch legs, keeping your hips down and running your knees in and out as far and as fast as you can.



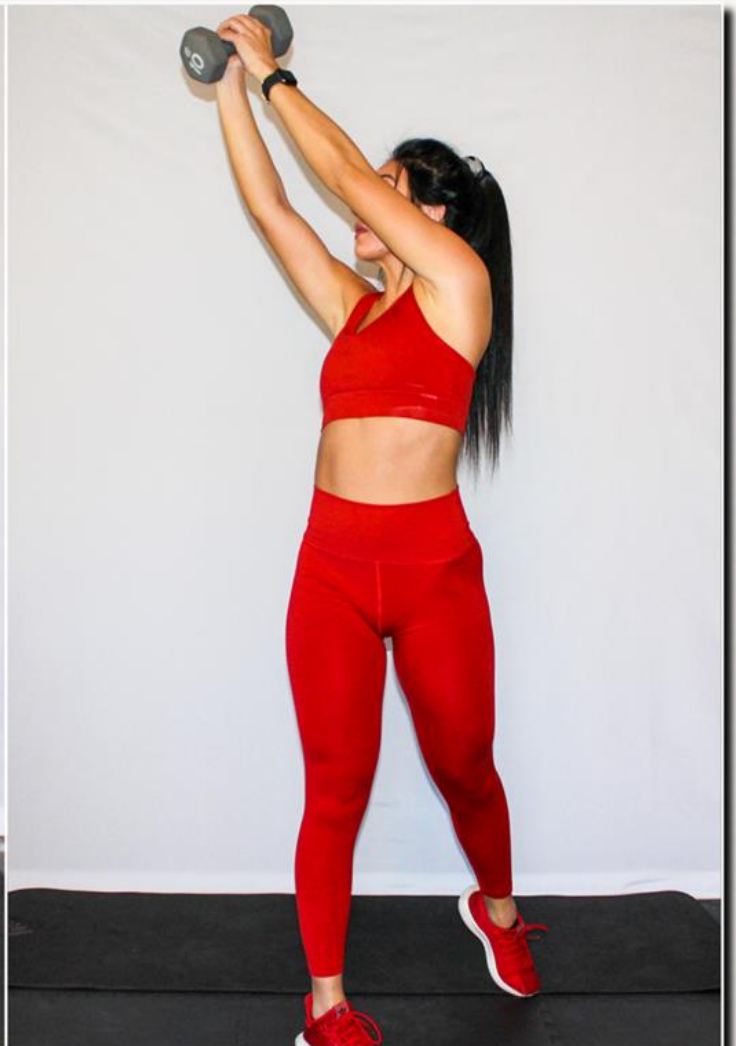
Alternate Exercise: High Knees Run In Place



Workout #1 5 Minute Fat Blaster Bonus

Wood Chopper Right (2 sets alternating)

1. With your feet shoulder-width apart and turned out slightly, crouch until your thighs are parallel to the floor, keeping your back straight. Hold the dumbbell with both hands on the outside of your LEFT thigh.
2. Twist your torso to the side and lift the weight up across your body to the RIGHT, keeping your arms straight. Rise onto your left toes as you twist and lift. The move will end with you facing the dumbbell being held above your RIGHT shoulder with arms straight.
3. Return to the starting position, reversing the twist and bringing the weight down as if chopping wood. Use your core muscles to control the movement.



Wood Chopper Left (2 sets alternating)

1. With your feet shoulder-width apart and turned out slightly, crouch until your thighs are parallel to the floor, keeping your back straight. Hold the dumbbell with both hands on the outside of your RIGHT thigh.
2. Twist your torso to the side and lift the weight up across your body to the LEFT, keeping your arms straight. Rise onto your right toes as you twist and lift. The move will end with you facing the dumbbell being held above your LEFT shoulder with arms straight.
3. Return to the starting position, reversing the twist and bringing the weight down as if chopping wood. Use your core muscles to control



Squat Thrusts (1 set)

1. Stand with your feet shoulder-width apart and arms at your sides. Lower into a squat position and place your hands on the floor.
2. Kick or step your legs back into a push up position.
3. Jump or step your legs forward to return to a squat position.
4. Return to standing position and repeat.



Swiss Ball Sit Ups (1 set)

1. Using an exercise stability ball (Swiss Ball), position yourself so your shoulders, back and tailbone make contact with the ball. Adjust so your feet are flat on the floor hip-width apart, knees are at a 90-degree angle and thighs are parallel to the floor. Position your mid-back on the top of the ball (12 o'clock) and your hips at 2 o'clock.
2. Hold your weight above your head, keeping your head aligned with your spine and no arch in your lower back.
3. Exhale, contract your abdominal and core muscles, and flex your chin slightly towards your chest while lifting your upper back off the ball. Keep your feet firmly planted, and your tailbone and lower back in contact with the ball at all times.
4. Inhale and slowly lower your shoulder blades back to the ball.



Workout #2

Jumping Jacks (Warm Up)

1. Start by standing with your legs together and your arms down at your sides.
2. Jump, ending with your feet wider than your hips and your arms together above your head.
3. Jump again, lowering our arms back to your sides and your legs back together so you're in starting position.



Push Ups on Knees (Warm Up)

1. Start in a push up position with your hands on the floor directly under your shoulders and your knees on the ground behind you so that your body is in a straight line from your knees to your head. Engage your glutes, tense your legs and brace your core to keep your body rigid.
2. Slowly lower your body to the floor keeping your head in line with your body.
3. Press upwards until your arms are straight.



Lunge Twist (Warm Up)

1. Stand with your feet hip-width apart and your arms lifted in front of you.
2. Step back into a lunge position with your right leg and rotate your torso to the right.
3. Return to starting position and repeat the movement on the left side.



Lunge Right (2 sets Alternating)

1. Stand tall with your feet hip distance apart then take a large step backward with your left foot. This is your starting position.
2. Hold your dumbbells at your sides and keep your back straight.
3. Lower the back knee until your front leg is parallel to the floor. Always keep your front knee behind your toes. Press back up to starting position. Lunge Right is right foot forward.



Lunge Left (2 Sets Alternating)

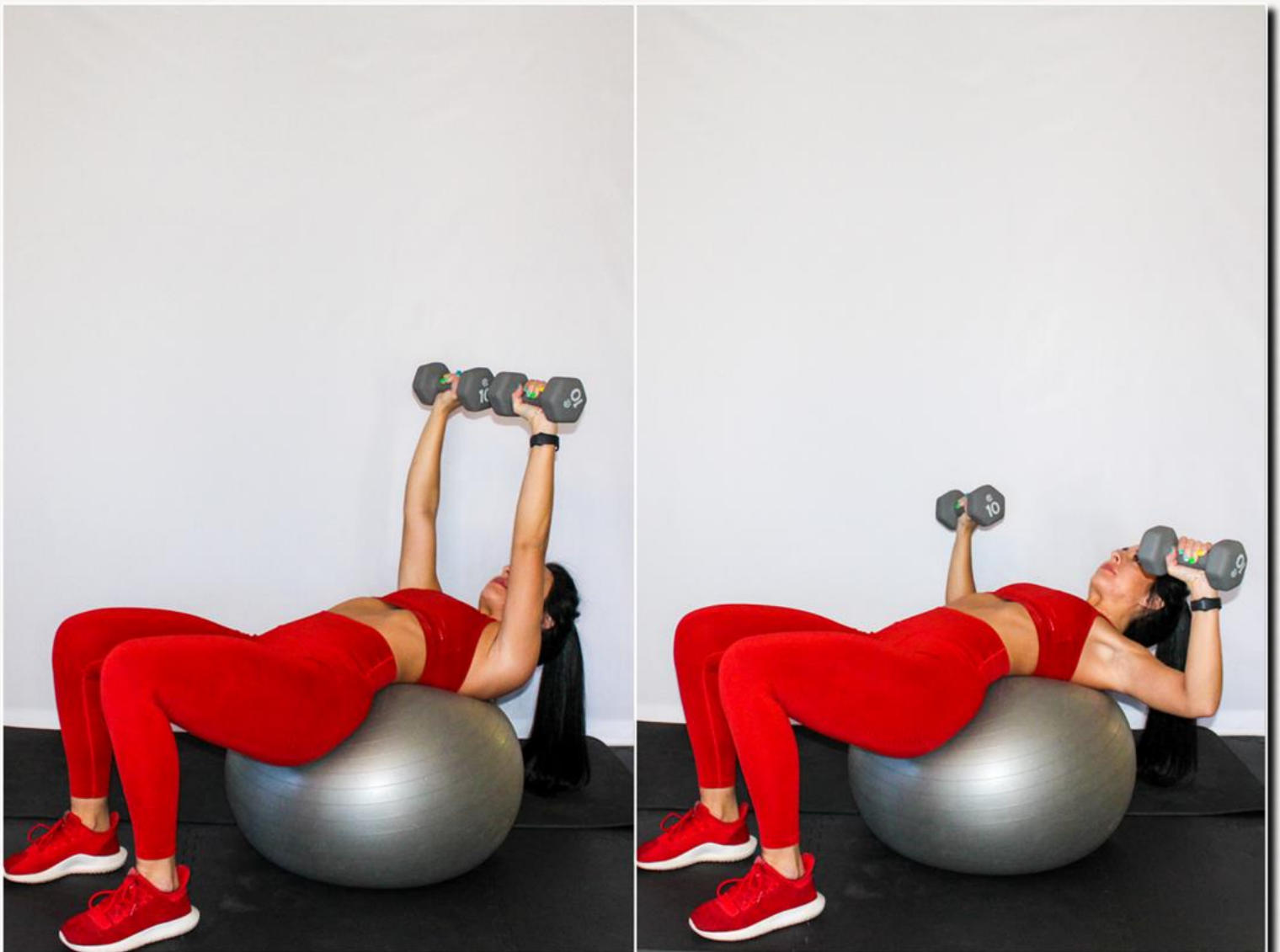
1. Stand tall with your feet hip distance apart then take a large step backward with your right foot. This is your starting position.
2. Hold your dumbbells at your sides and keep your back straight.
3. Lower the back knee until your front leg is parallel to the floor. Always keep your front knee behind your toes. Press back up to starting position. Lunge Left is left foot forward.



Chest Press (4 Sets)

1. Lie on a bench or an exercise stability ball with a dumbbell in each hand. Push the dumbbells up so arms are directly over your shoulders and palms are up.
2. Engage abdominals, and tuck chin slightly. Lower your dumbbells down to the side until your elbows are slightly below your shoulders.
3. Push the weights back up without locking your elbows or rising off of the bench/ball. Do not arch your back.

Alternate Exercise: Push Ups



Dumbbell Swing (4 Sets)

1. Stand with feet shoulder-width apart and hold a dumbbell, with both hands and straight arms, in front of you.
2. Keep your back straight, bend your knees slightly, push your hips back, and swing the weight between your legs.
3. Once the weight is behind you, forcefully contract your glutes and thrust your hips forward to swing the dumbbell to chest level. Make sure the momentum of the hip thrust is moving the weights, not your arms.
4. At the top of the movement, contract your core, glutes, and quads as hard as you can. Allow the weight to swing back between your legs and repeat.



Bent Over Row (4 Sets)

1. With a dumbbell in each hand, bend over at a 45 degree angle. Keep your back straight, your core engaged, and knees slightly bent.
2. Lift the weights straight up until your arms are parallel with your shoulders, no higher. Limit the movement in your wrists and lower body.
3. Lower the weights and repeat.



Side Squats (1 Set)

1. Stand with your feet together and your hands together in front of your chest. Step your right foot out to the side and lower into a squat.
2. Push off with your right foot back into starting position.
3. Step your left foot out to the side and lower into a squat. Repeat.



Workout #2 5 Minute Fat Blaster Bonus

Squat-Curl-Press (4 Sets)

1. Stand with your feet shoulder width apart and the weights in each hand on the side of your body.
2. Drop down into a squat and on your way back up curl the dumbbells to your shoulders.
3. Once standing, press the weight over your head with your palms facing forward. Bring the weight back down to your sides and repeat. Keep your back straight throughout the movement. Use lighter weights to avoid injury.



Plank Push Ups (1 Set)

1. Get into a push up position, making sure that your body is in a straight line from your heels to the back of the neck.
2. Slowly lower one arm until your forearm and elbow are resting on the ground. Lean on that forearm while you carefully bring your other arm down into the same position. You are now in a plank.
3. Hold for one count, then return to the push up position one arm at a time. Use your core to minimize your torso from moving too much. Try to keep your shoulders and hips as square to the ground as possible.



Swiss Ball Sit Ups (1 set)

1. Using an exercise stability ball (Swiss Ball), position yourself so your shoulders, back and tailbone make contact with the ball. Adjust so your feet are flat on the floor hip-width apart, knees are at a 90-degree angle and thighs are parallel to the floor. Position your mid-back on the top of the ball (12 o'clock) and your hips at 2 o'clock.
2. Hold your weight above your head, keeping your head aligned with your spine and no arch in your lower back.
3. Exhale, contract your abdominal and core muscles, and flex your chin slightly towards your chest while lifting your upper back off the ball. Keep your feet firmly planted, and your tailbone and lower back in contact with the ball at all times.
4. Inhale and slowly lower your shoulder blades back to the ball.



Workout #3

Side Squats (Warm Up)

1. Stand with your feet together and your hands together in front of your chest. Step your right foot out to the side and lower into a squat.
2. Push off with your right foot back into starting position.
3. Step your left foot out to the side and lower into a squat. Repeat.



Push Ups on Knees (Warm Up)

1. Start in a push up position with your hands on the floor directly under your shoulders and your knees on the ground behind you so that your body is in a straight line from your knees to your head. Engage your glutes, tense your legs and brace your core to keep your body rigid.
2. Slowly lower your body to the floor keeping your head in line with your body.
3. Press upwards until your arms are straight.



Toe Touchers (Warm Up)

1. Stand with your feet shoulder-width apart, toes facing forward, arms at sides and legs straight with a slight bend in your knees.
2. Slowly bend forward at the hips and reach your fingers down toward your toes.
3. Return to the starting position.



Romanian Dead Lift (4 Sets)

1. Stand with your feet shoulder width apart and hold the dumbbells with your palms facing inward. Engage your core, keep shoulders back and chest held high. Use lighter weight dumbbells to allow perfect form for every rep.
2. Keeping a slight bend in your knees and a perfectly straight back, hinge at the waist to lower the weights to the ground. Keep the weights close to your shins. You should feel a deep stretch in your hamstrings as your hips move back.
3. Reverse the motion as you return to a standing position and squeeze your glutes.



Wide Upright Row (4 Sets)

1. Stand straight with dumbbells hanging in front of you at arm's length with palms facing your body. Adjust so your hands are no closer than shoulder-width apart.
2. Brace your abdominals, keep your back straight and your chest up. Lift straight up toward your armpits, leading with your elbows and keeping the weights close to your body. Do not lift higher than parallel with your shoulders.
3. Pause at the top of the lift. Lower and repeat.



Swiss Ball Sit Ups (4 sets)

1. Using an exercise stability ball (Swiss Ball), position yourself so your shoulders, back and tailbone make contact with the ball. Adjust so your feet are flat on the floor hip-width apart, knees are at a 90-degree angle and thighs are parallel to the floor. Position your mid-back on the top of the ball (12 o'clock) and your hips at 2 o'clock.
2. Hold your weight above your head, keeping your head aligned with your spine and no arch in your lower back.
3. Exhale, contract your abdominal and core muscles, and flex your chin slightly towards your chest while lifting your upper back off the ball. Keep your feet firmly planted, and your tailbone and lower back in contact with the ball at all times.
4. Inhale and slowly lower your shoulder blades back to the ball.



Wood Chopper Right (2 Sets Alternating)

1. With your feet shoulder-width apart and turned out slightly, crouch until your thighs are parallel to the floor, keeping your back straight. Hold the dumbbell with both hands on the outside of your LEFT thigh.
2. Twist your torso to the side and lift the weight up across your body to the RIGHT, keeping your arms straight. Rise onto your left toes as you twist and lift. The move will end with you facing the dumbbell being held above your RIGHT shoulder with arms straight.
3. Return to the starting position, reversing the twist and bringing the weight down as if chopping wood. Use your core muscles to control the movement.



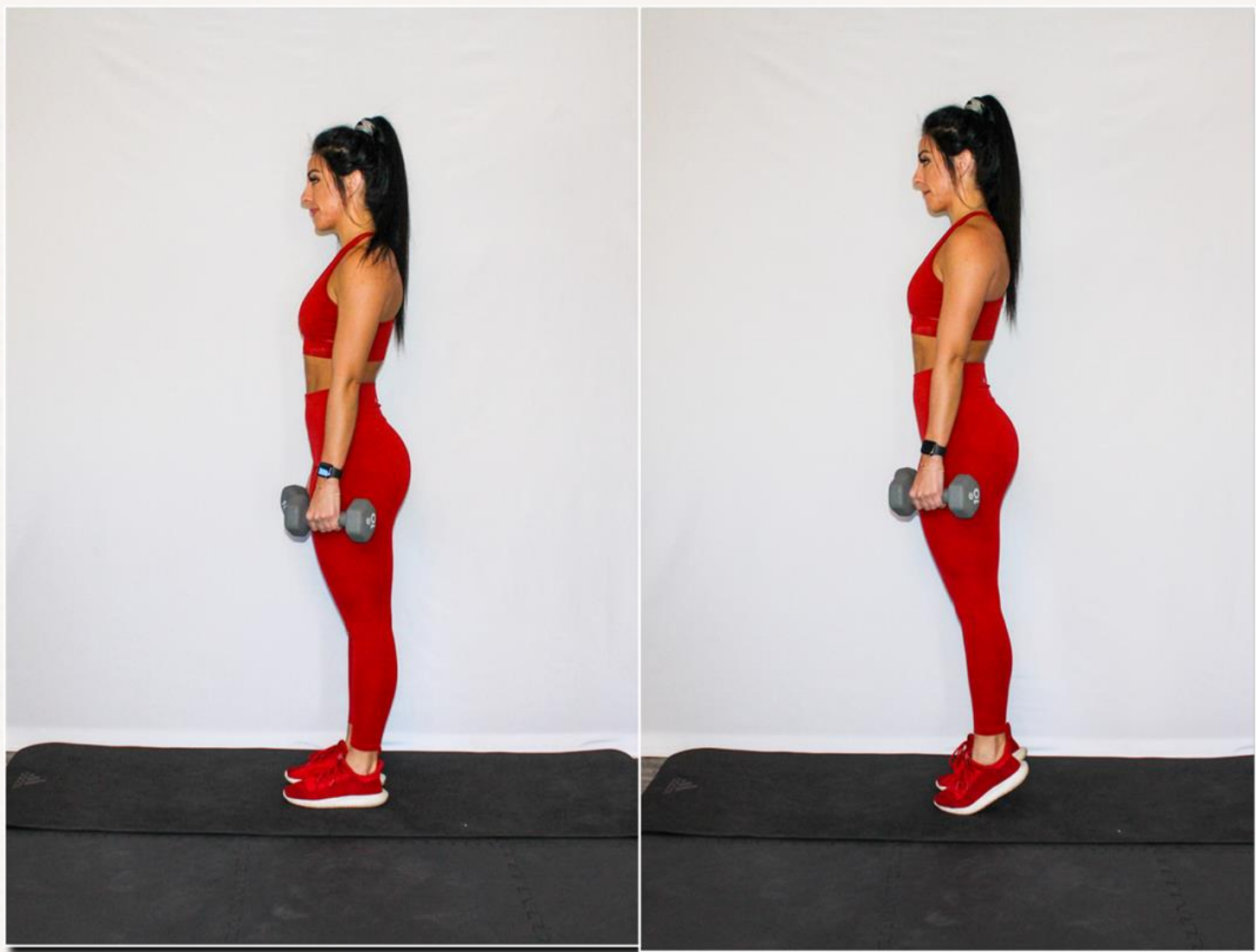
Wood Chopper Left (2 Sets Alternating)

1. With your feet shoulder-width apart and turned out slightly, crouch until your thighs are parallel to the floor, keeping your back straight. Hold the dumbbell with both hands on the outside of your RIGHT thigh.
2. Twist your torso to the side and lift the weight up across your body to the LEFT, keeping your arms straight. Rise onto your right toes as you twist and lift. The move will end with you facing the dumbbell being held above your LEFT shoulder with arms straight.
3. Return to the starting position, reversing the twist and bringing the weight down as if chopping wood. Use your core muscles to control the movement.



Calf Raises (1 Set)

1. Stand straight with feet hip-width apart holding dumbbells at your sides. You may stand on the ground or use a small block for more range of motion.
2. Slowly rise up onto the balls of your feet as high as you can, squeezing your calf muscles at the top. Hold.
3. Slowly lower your heels back down to the ground and repeat.



Workout #3 5 Minute Fat Blaster Bonus

Hip Bucks (4 Sets)

1. Lie face-up on the floor with your knees bent and feet flat on the ground. Keep arms at your sides with palms down or hold a weight across your hips.
2. Lift your hips off the ground, squeezing your glutes and core until your knees, hips, and shoulders form a straight line.
3. Hold for 2 seconds at the top, then lower back down to start. Hold a dumbbell in your lap and/or elevate your feet on an exercise stability ball or bench to make it more effective.



Supermans (1 Set)

1. Lay face down on a mat or flat surface with your arms outstretched.
2. Keeping your arms and legs straight throughout the exercise, raise your arms and legs 4-5 inches off of the ground.
3. Hold for 3 seconds. Return to starting position and repeat.



Side Squats (1 Set)

1. Stand with your feet together and your hands together in front of your chest. Step your right foot out to the side and lower into a squat.
2. Push off with your right foot back into starting position.
3. Step your left foot out to the side and lower into a squat. Repeat.



Workout #4

Air Squats (Warm Up)

1. Stand with your feet hip-width apart, toes slightly outward, arms at your sides, core engaged, chest out and shoulder blades pulled back.
2. Bend your knees and squat as if sitting in a chair. Keep your weight centered, your core tight, and your torso upright (back straight). As you lower to a parallel position (or lower), you can either raise your arms straight in front of you or keep them bent in front of your chest.
3. Straighten your legs and squeeze your butt to come back to standing, raise your arms to the sky.



Push Ups on Knees (Warm Up)

1. Start in a push up position with your hands on the floor directly under your shoulders and your knees on the ground behind you so that your body is in a straight line from your knees to your head. Engage your glutes, tense your legs and brace your core to keep your body rigid.
2. Slowly lower your body to the floor keeping your head in line with your body.
3. Press upwards until your arms are straight.



Toe Touchers (Warm Up)

1. Stand with your feet shoulder-width apart, toes facing forward, arms at sides and legs straight with a slight bend in your knees.
2. Slowly bend forward at the hips and reach your fingers down toward your toes.
3. Return to the starting position.



Dumbbell Squats (4 sets)

1. Stand with your feet slightly wider than hip-width and dumbbells at your sides.
2. Keeping your back straight and knees behind toes, sink your hips back and lower into a squat until your thighs are parallel to the floor.
3. Extend your hips and knees to drive up to a standing position.
(Alternate Exercise: Air Squats)



Chest Press (4 Sets)

1. Lie on a bench or an exercise stability ball with a dumbbell in each hand. Push the dumbbells up so arms are directly over your shoulders and palms are up.
2. Engage abdominals, and tuck chin slightly. Lower your dumbbells down to the side until your elbows are slightly below your shoulders.
3. Push the weights back up without locking your elbows or rising off of the bench/ball. Do not arch your back.

Alternate Exercise: Push Ups



Mountain Climbers (4 Sets)

1. Get into a push up position with your weight evenly distributed between your hands and toes, hands shoulder-width apart, back flat, abs engaged and head in alignment.
2. Pull your right knee into your chest as far as you can without rounding your lower back.
3. Switch legs, keeping your hips down and running your knees in and out as far and as fast as you can.



Alternate Exercise: High Knees Run In Place



Underhand Row (4 Sets)

1. Stand with your feet hip-width apart. Hold dumbbells by your side with your palms facing up.
2. Bend your knees slightly and lean forward by hinging at the waist.
3. Keeping your back straight, and elbows close to your body, row the dumbbells up toward your chest squeezing your back muscles. Slowly lower to the starting position.



Speed Skater (1 Set)

1. From a normal standing position, take a big step out to the right. As you do, sweep your left leg behind you while bringing your left arm across your body.
2. Take a big step to the left, bringing your right leg behind you and your right arm across your body.
3. Alternate sides, increasing your speed



Workout #4 5 Minute Fat Blaster Bonus

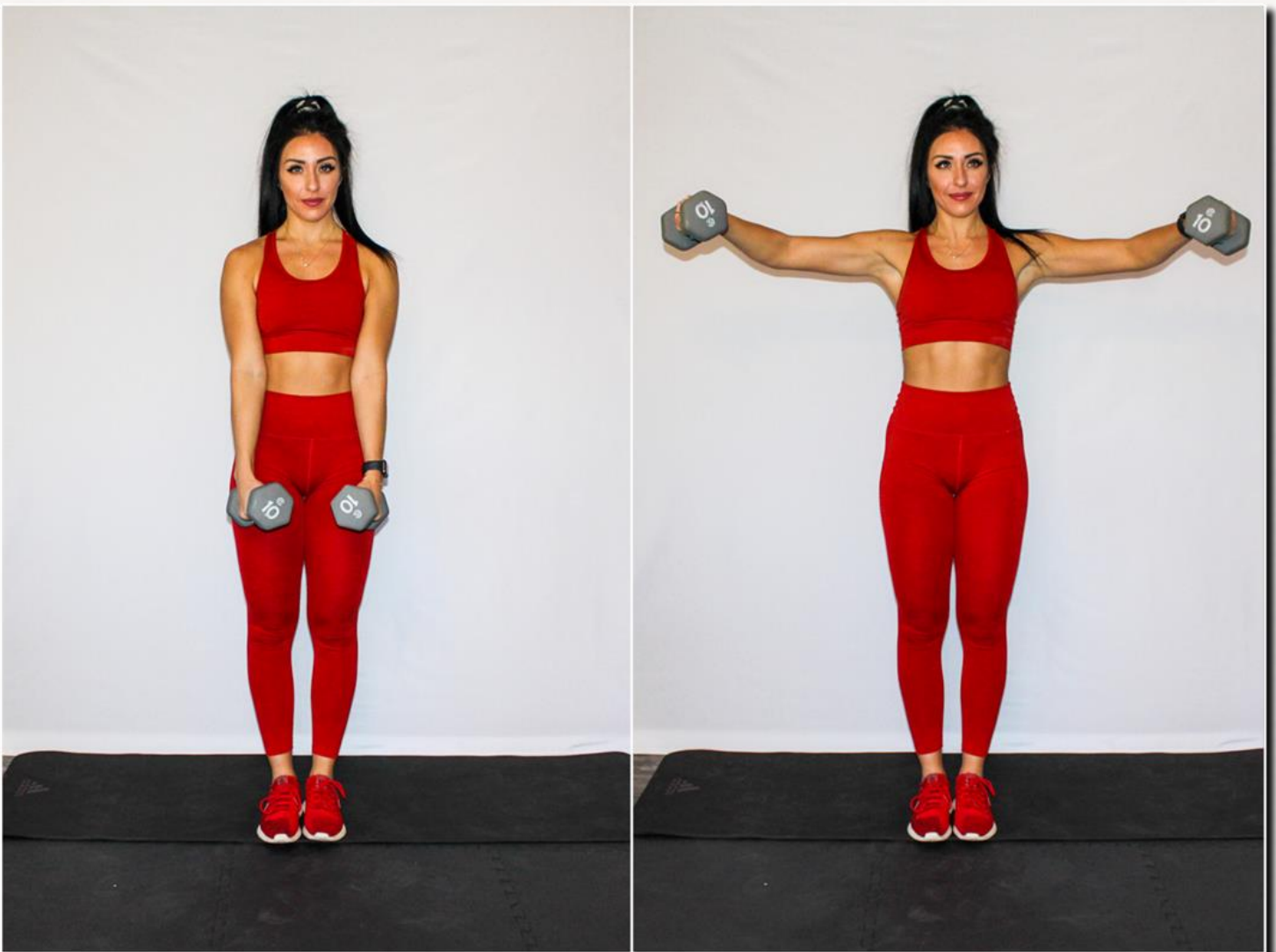
Chest Flyes (4 Sets)

1. Lie flat on your back either on a bench or an exercise ball. Place your feet firmly on the floor.
2. Lift the dumbbells directly above your chest. Keep a slight bend in your elbows, and your palms and dumbbells facing each other.
3. Slowly lower the dumbbells out in an arc motion until they're in line with your chest. Do not drop your arms lower than your shoulders. Return to starting position in the same motion.



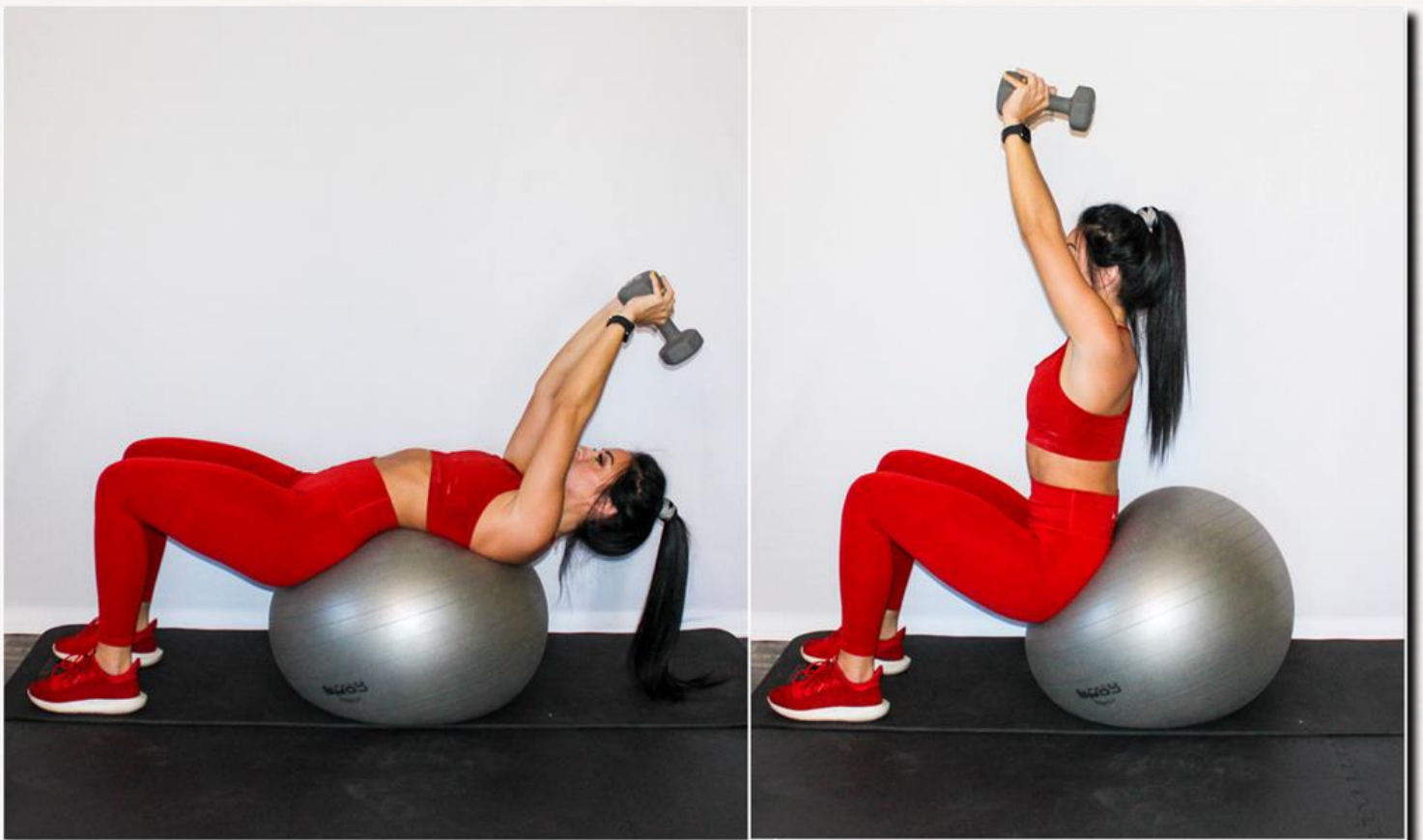
Lat Raises (1 Set)

1. Stand with a dumbbell in each hand at your sides.
2. Keeping your back straight and core engaged, slowly lift the weights out to the side until your arms are parallel with the floor, with your elbow slightly bent.
3. Slowly lower the weights back down to your sides.



Swiss Ball Sit Ups (1 Set)

1. Using an exercise stability ball (Swiss Ball), position yourself so your shoulders, back and tailbone make contact with the ball. Adjust so your feet are flat on the floor hip-width apart, knees are at a 90-degree angle and thighs are parallel to the floor. Position your mid-back on the top of the ball (12 o'clock) and your hips at 2 o'clock.
2. Hold your weight above your head, keeping your head aligned with your spine and no arch in your lower back.
3. Exhale, contract your abdominal and core muscles, and flex your chin slightly towards your chest while lifting your upper back off the ball. Keep your feet firmly planted, and your tailbone and lower back in contact with the ball at all times.
4. Inhale and slowly lower your shoulder blades back to the ball.



Workout #5

Toe Touchers (Warm Up)

1. Stand with your feet shoulder-width apart, toes facing forward, arms at sides and legs straight with a slight bend in your knees.
2. Slowly bend forward at the hips and reach your fingers down toward your toes.
3. Return to the starting position.



Push Ups on Knees (Warm Up)

1. Start in a push up position with your hands on the floor directly under your shoulders and your knees on the ground behind you so that your body is in a straight line from your knees to your head. Engage your glutes, tense your legs and brace your core to keep your body rigid.
2. Slowly lower your body to the floor keeping your head in line with your body.
3. Press upwards until your arms are straight.



Lunge Twist (Warm Up)

1. Stand with your feet hip-width apart and your arms lifted in front of you.
2. Step back into a lunge position with your right leg and rotate your torso to the right.
3. Return to starting position and repeat the movement on the left side.



Lunge Right (2 sets Alternating)

1. Stand tall with your feet hip distance apart then take a large step backward with your left foot. This is your starting position.
2. Hold your dumbbells at your sides and keep your back straight.
3. Lower the back knee until your front leg is parallel to the floor. Always keep your front knee behind your toes. Press back up to starting position. Lunge Right is right foot forward.



Lunge Left (2 Sets Alternating)

1. Stand tall with your feet hip distance apart then take a large step backward with your right foot. This is your starting position.
2. Hold your dumbbells at your sides and keep your back straight.
3. Lower the back knee until your front leg is parallel to the floor. Always keep your front knee behind your toes. Press back up to starting position. Lunge Left is left foot forward.



Push Ups (4 sets)

1. Get on the floor positioning your hands slightly wider than your shoulders and your legs extended back so you are balanced on your hands and toes. Keep your body in a straight line without sagging or arching your back.
2. Engage your core, glutes and legs. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle.
3. Exhale as you contract your chest muscles and push back up through your hands into starting position.



Dumbbell Swing (4 Sets)

1. Stand with feet shoulder-width apart and hold a dumbbell, with both hands and straight arms, in front of you.
2. Keep your back straight, bend your knees slightly, push your hips back, and swing the weight between your legs.
3. Once the weight is behind you, forcefully contract your glutes and thrust your hips forward to swing the dumbbell to chest level. Make sure the momentum of the hip thrust is moving the weights, not your arms.
4. At the top of the movement, contract your core, glutes, and quads as hard as you can. Allow the weight to swing back between your legs and repeat.



Renegade Rows (4 Sets)

1. Get into push up position with feet wide apart and your shoulders directly over your wrists and dumbbells. Engage your core, tighten your glutes and legs, and keep your body in a straight line.
2. Start the row by pulling your elbow up and back toward your lower ribs. Do not rotate your torso. Keep your hips and shoulders square to the ground.
3. Return the dumbbell to the ground and repeat on the other side.



Alternate Exercise on Knees



Mountain Climbers (1 Set)

1. Get into a push up position with your weight evenly distributed between your hands and toes, hands shoulder-width apart, back flat, abs engaged and head in alignment.
2. Pull your right knee into your chest as far as you can without rounding your lower back.
3. Switch legs, keeping your hips down and running your knees in and out as far and as fast as you can.



Alternate Exercise: High Knees Run In Place



Workout #5 5 Minute Fat Blaster Bonus

Squat-Curl-Press (4 Sets)

1. Stand with your feet shoulder width apart and the weights in each hand on the side of your body.
2. Drop down into a squat and on your way back up curl the dumbbells to your shoulders.
3. Once standing, press the weight over your head with your palms facing forward. Bring the weight back down to your sides and repeat. Keep your back straight throughout the movement. Use lighter weights to avoid injury.



Plank Push Ups (1 Set)

1. Get into a push up position, making sure that your body is in a straight line from your heels to the back of the neck.
2. Slowly lower one arm until your forearm and elbow are resting on the ground. Lean on that forearm while you carefully bring your other arm down into the same position. You are now in a plank.
3. Hold for one count, then return to the push up position one arm at a time. Use your core to minimize your torso from moving too much. Try to keep your shoulders and hips as square to the ground as possible.



Swiss Ball Sit Ups (1 Set)

1. Using an exercise stability ball (Swiss Ball), position yourself so your shoulders, back and tailbone make contact with the ball. Adjust so your feet are flat on the floor hip-width apart, knees are at a 90-degree angle and thighs are parallel to the floor. Position your mid-back on the top of the ball (12 o'clock) and your hips at 2 o'clock.
2. Hold your weight above your head, keeping your head aligned with your spine and no arch in your lower back.
3. Exhale, contract your abdominal and core muscles, and flex your chin slightly towards your chest while lifting your upper back off the ball. Keep your feet firmly planted, and your tailbone and lower back in contact with the ball at all times.
4. Inhale and slowly lower your shoulder blades back to the ball.

