

## Abs Exercise

### EXERCISE-BALL TUCK

The benefits of this exercise are threefold. Not only does it target your core, but the balance and effort required improve overall muscle strength and concentration. I like tucks specifically because having half of your body off the ground and on a moveable object creates an added challenge.

Place your feet on a Swiss ball, putting your hands out in front of you with your palms on the ground so that you're in a push-up position. Pull your knees in and then back out, using your abs to move your body.



### ALTERNATING V-UP

I love these because, again, they really throw off your balance. Switch from side to side, moving your legs as a pair to the left and then the right. Make sure that your core is balanced and that you're not resting at any time during the move.

Placing your arms behind you for support, sit on a mat and bring your knees to tabletop position. As you bring your chest up, bring your knees in, alternating between bringing them to the left and right side.



### Exercise-Ball Crunch

Being supported by a movable ball really activates your core and throws off your stability more than a typical crunch does. Instability adds another training challenge!

How?

This isn't your grandma's crunch! I want you to put your hands together and try to touch the ceiling. Focus on feeling that stretch at the top.

