**Stability Ball Crunch**

Position back on ball. Hands behind head or across the chest. Contract the abs. Exhale as you crunch.

**Sets:** 2  
**Reps:** 10 - 20

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**Sit-ups with Balance Disk**

Position lower back on balance disk. Place hands behind head or across the chest. Lean back, then sit up. Exhale as you sit up.

**Sets:** 2  
**Reps:** 10 - 20

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**Dynamic Side Bridge (Advanced)**

Position body sideways. Use elbow to support upper body. Hips should be elevated. Lower hip, tap hip on floor, and return.

**Sets:** 2  
**Reps:** 10 - 15

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**Oblique Twist**

Anchor bands to stationary object. Extend arms. Rotate torso to one side against resistance.

**Sets:** 2  
**Reps:** 15 - 20

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**Heel Touchers**

Lie on your back. Crunch the abs to the side and touch the heels one at a time in alternating fashion.

**Sets:** 2  
**Reps:** 10 - 20 each

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**Prone Bridge (Static)**

Use forearms and elbows to suspend your body off the floor. Keep back flat. Hold position for approx. 30 seconds.

**Sets:** 2  
**Reps:** 30 seconds

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