

## 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

## 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

## 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

## Oblique Twist

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



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

## 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

## 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