

Core (body weight)

Alternating Toe Touch



Exercise Description:

Alternating Toe Touch

Classification:

Core (body weight)

Instructions:

1. Start position: Lie back onto floor or bench with feet up into the air. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Extend one arm and reach for the opposite foot. Return to start position and repeat with other hand.

Remember to keep head and back in a neutral position. Hyperextension or flexion may cause injury. To increase resistance, hold medicine ball in hands. To decrease resistance, position hand closer towards body

Ankle Wiggles



Exercise Description:

Ankle Wiggles

Classification:

Core (body weight)

Instructions:

- 1) Start position: Lie back onto floor or bench with knees bent and hands at your side. Head should be in a neutral position with a space between chin and chest.
- 2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Reach for you ankle with one hand and repeat with the other side.
- 3) Return to start position.

4) Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Double Crunch



Exercise Description:

Double Crunch

Classification:

Core (body weight)

Instructions:

1. Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
2. Start position: Hands behind head and knees bent at 90 degrees.
3. Leading with the chin and chest towards the ceiling, contract the abdominals and raise shoulders off floor or bench. During the crunch, also bring knees towards chest.
4. Return to start position.
5. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

V-Up



Exercise Description:

V-Up

Classification:

Core (body weight)

Instructions:

- 1) Start position: Lie back onto floor or bench with knees bent and hands extended towards ceiling. Head should be in a neutral position with a space between chin and chest.
- 2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise

shoulders off floor or bench. Also raise legs up towards ceiling and attempt to touch your hands to your feet.

3) Return to start position.

Straight Leg Obliques



Exercise Description:

Straight Leg Obliques

Classification:

Core (body weight)

Instructions:

Starting Position: Lie on your back and raise your legs straight into the air.

Rotate your legs keeping them straight to the side and then return to the starting position. Repeat to the other side.

Crunch



Exercise Description:

Crunch

Classification:

Core (body weight)

Instructions:

1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.

2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.

3. Return to start position.

Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Core (body weight)

**Exercise Description:**

Straight Arm Modified Crunch

Classification:

Core (body weight)

Instructions:

- 1) Start position: Lie back onto floor or bench with knees straight or bent if you prefer, both hands straight and down by waist. Head should be in a neutral position with a space between chin and chest.
 - 2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Extended arm should remain fixed and parallel to head.
 - 3) Return to start position.
 - 4) Remember to keep head and back in a neutral position. Hyperextension or flexion may cause injury. Also only curl your torso until your shoulders blades are off the ground. Do not try to sit up to an upright position. To increase resistance, hold dumbbell in hand of extended arm. To decrease resistance, position hand closer towards body.
- Full Sit Up

**Exercise Description:**

Full Sit Up

Classification:

Core (body weight)

Instructions:

1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench until you are seated in an upright position.
3. Return to start position.

4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Situp Hold



Exercise Description:

Situp Hold

Classification:

Core (body weight)

Instructions:

1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Now hold for prescribed number of seconds.
3. Return to start position.
4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Full Situp with Twist



Exercise Description:

Full Situp with Twist

Classification:

Core (body weight)

Instructions:

1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. As you come up twist one shoulder towards the opposite knee.

3. Return to start position and repeat with the other shoulder.
4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Pushup Superman w/ Alternating Arms



Exercise Description:

Pushup Superman w/ Alternating Arms

Classification:

Core (body weight)

Instructions:

Starting Position: Start the movement in a plank position. Holding that position raise your right arm and left leg off of the ground.

Return to the starting position and repeat with the other arm and leg. Hold each lift for 1-2 seconds.

Lying Side Crunch



Exercise Description:

Lying Side Crunch

Classification:

Core (body weight)

Instructions:

- 1) Lie with back on floor or bench with knees bent.
- 2) Start position: Let your knees fall to the right so that your hips are somewhat rotated.
- 3) Leading with the chin and left shoulder, contract abdominal muscles and raise left shoulder off floor or bench towards left knee.
- 4) Return to start position. Repeat with other side.
- 5) Remember to keep head and neck in neutral position throughout movement. Do not twist excessively - elbow does not need to touch knee.

Straight Arm Hold



Exercise Description:

Straight Arm Hold

Classification:

Core (body weight)

Instructions:

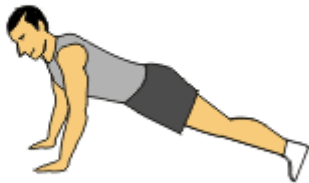
Starting Position: Lie on your side with your right hand on the ground.

Lift yourself up to form a plank with your right arm straight and your left arm on your side.

Hold this position for the recommended number of reps.

Repeat with the other side.

Straight Arm Pushup Hold



Exercise Description:

Straight Arm Pushup Hold

Classification:

Core (body weight)

Instructions:

Starting Position: Start the movement in a pushup position.

Extend your arms into a pushup.

Hold that position for the prescribed number of seconds.

Superman



Exercise Description:

Superman

Classification:

Core (body weight)

Instructions:

- 1) Start position: Lie face down on floor with hands down at sides. You may place a rolled towel under forehead to clear face from floor.
- 2) Raise chest and head off floor keeping feet in contact with floor.
- 3) Return to start position.
- 4) To increase resistance, extend arms and place hands overhead.
- 5) Do not raise head past 8-12 inches - excessive hyperextension may cause injury. To vary exercise raise feet while raising trunk.

Hanging Hip Raise



Exercise Description:

Hanging Hip Raise

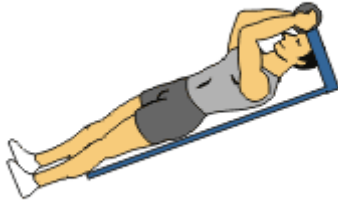
Classification:

Core (body weight)

Instructions:

- 1) Grab onto bar and hang from the bar with your arms straight.
- 2) Start position: bring knees up with hip flexed at approximately 90°.
- 3) Keeping back firmly pressed against back support, slowly lower legs.
- 4) Return to start position.
- 5) Remember to keep head and back in a neutral position. Keep stomach tight (naval drawn in towards spine) throughout entire movement.

Incline Hip Raise



Exercise Description:

Incline Hip Raise

Classification:

Core (body weight)

Instructions:

Lie on an incline bench with your head at the top and your feet towards the lower side.

Starting position: Bring your knees to your chest and curl your hips up towards your shoulders.

Return to the starting position.

Vertical Hip Raise



Exercise Description:

Vertical Hip Raise

Classification:

Core (body weight)

Instructions:

1. Step up onto apparatus and place forearms into pads. Grasp handles and stabilize shoulders by depressing shoulders down.

2. Start position: bring knees up with hip flexed at approximately 90°.

3. Keeping back firmly pressed against back support, slowly lower legs.

4. Return to start position.

5. Remember to keep head and back in a neutral position. Keep stomach tight (naval drawn in towards spine) throughout entire movement.

Flutter Kicks



Exercise Description:

Flutter Kicks

Classification:

Core (body weight)

Instructions:

- 1) Lie back onto floor or bench with both knees bent and feet flat. Place hands at sides.
- 2) Contract abdominal muscles continuously to stabilize trunk (or tuck stomach in by drawing navel in towards spine). Lower back should be in a neutral position.
- 3) Start position: Straighten both legs so that they are perpendicular to floor.
- 4) Slowly lower one leg to approximately 45-90°.
- 5) Return to start position and repeat with other leg.

Scissor Kicks

**Exercise Description:**

Scissor Kicks

Classification:

Core (body weight)

Instructions:

1. Lie back onto floor or bench with both knees bent and feet flat. Place hands at sides.
2. Contract abdominal muscles continuously to stabilize trunk (or tuck stomach in by drawing navel in towards spine). Lower back should be in a neutral position.
3. Start position: Straighten both legs so that they are perpendicular to floor.
4. Slowly bring legs out away from each other and then return to side by side.
5. Return to start position and repeat.

Pushup Medicine Ball Bridge

**Exercise Description:**

Pushup Medicine Ball Bridge

Classification:

Core (body weight)

Instructions:

1. Get on your knees and place hands on a medicine ball.
2. Start position: Align hands at nipple line, place feet hip width apart on toes, and extend the arms to raise body up. Trunk and hips should be in a straight line.
3. Hold for the recommended number of seconds.

Pushup Bridge



Exercise Description:

Pushup Bridge

Classification:

Core (body weight)

Instructions:

1. Get on your knees and place hands on the ground.
2. Start position: Align hands at nipple line, place feet hip width apart on toes, and extend the arms to raise body up. Trunk and hips should be in a straight line.
3. Hold for the recommended number of seconds.

Side Bridge



Exercise Description:

Side Bridge

Classification:

Core (body weight)

Instructions:

Start on your side and press up with your right arm.

Form a bridge with your arm extended and hold for the prescribed number of repetitions.

Lying Hip Flexion on Disc



Exercise Description:

Lying Hip Flexion on Disc

Classification:

Core (body weight)

Instructions:

- 1) Lie back onto floor with balance disc under your lower back and hips and both knees bent and feet flat. Place hands at sides.
- 2) Contract abdominal muscles continuously to stabilize trunk (or tuck stomach in by drawing navel in towards spine). Lower back should be in a neutral position.
- 3) Start position: Raise both legs so that they are flexed 90 degrees at the hip.
- 4) Slowly lower one leg almost parallel to the floor
- 5) Return to start position and repeat with other leg.
- 6) Remember to maintain stability in lower back throughout movement by keeping abdominal muscles contracted - DO NOT ARCH LOWER BACK.

Single Leg Hip Extension on Disc (with lift)

**Exercise Description:**

Single Leg Hip Extension on Disc (with lift)

Classification:

Core (body weight)

Instructions:

1. Starting position: Lie on your back on floor and place a balance disc under your upper back.
2. Raise one leg towards your chest and simultaneously crunch up towards that same knee.
3. Return to the starting position and repeat with the other leg.
4. Repeat according to the prescribed repetitions.

Hip Circles

**Exercise Description:**

Hip Circles

Classification:

Core (body weight)

Instructions:

1. Sit on the floor and place a balance disc underneath your hips.
2. Raise your legs off the floor and keeping them together rotate them around in a circular

motion.

3. Repeat for the prescribed number of repetitions.

Lateral flexion on balance disc



Exercise Description:

Lateral flexion on balance disc

Classification:

Core (body weight)

Instructions:

1. Lie on your side with a balance disc under your hip.
2. Laterally flex your body so that you raise your upper body off the floor. You will only raise up a couple of inches.
3. Return to the starting position and repeat. Perform with other side.

Unilateral Leg Raise on balance disc



Exercise Description:

Unilateral Leg Raise on balance disc

Classification:

Core (body weight)

Instructions:

- 1) Lie back onto floor on top of a balance disc with both knees bent and feet flat. Place hands at sides.
 - 2) Contract abdominal muscles continuously to stabilize trunk (or tuck stomach in by drawing navel in towards spine). Lower back should be in a neutral position.
 - 3) Start position: Straighten both legs so that they are perpendicular to floor.
 - 4) Slowly lower one leg to approximately 45°.
 - 5) Return to start position and repeat.
 - 6) Remember to maintain stability in lower back throughout movement by keeping abdominal muscles contracted - DO NOT ARCH LOWER BACK. To increase intensity, lower legs past 45° without touching floor as long as trunk stability is maintained.
- Pushup with med ball and balance board



Exercise Description:

Pushup with med ball and balance board

Classification:

Core (body weight)

Instructions:

1. Start by placing your feet on a balance board and a hand on each medicine ball.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Pushup on extreme balance board



Exercise Description:

Pushup on extreme balance board

Classification:

Core (body weight)

Instructions:

1. Start by placing your hands on a balance board and your feet on the ground
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Pushup with balance board and discs



Exercise Description:

Pushup with balance board and discs

Classification:

Core (body weight)

Instructions:

1. Start by placing your hands on a balance board and your feet on the ground. Place a balance disc under each end of the balance board.
 2. Move into a plank position and maintain your balance by extending your arms.
 3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
 4. Extend your elbows until you reach full extension.
 5. Keep your abs drawn in tight to maintain good technique.
- Pushup with 2 med balls



Exercise Description:

Pushup with 2 med balls

Classification:

Core (body weight)

Instructions:

1. Start by placing your hands on a medicine ball and your feet on the ground.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Seated Balance on BOSU ball



Exercise Description:

Seated Balance on BOSU ball

Classification:

Core (body weight)

Instructions:

1. Start by sitting on a BOSU ball or balance board and balance disc.
2. Raise your hands up off the ground and then your legs until you are balancing.
3. Keep your abs tight to maintain your balance.
4. Hold for the prescribed time and then repeat.

Bicycle Kicks



Exercise Description:

Bicycle Kicks

Classification:

Core (body weight)

Instructions:

1. Lie on your back with your knees at chest level and your arms flat on the floor.
2. Alternate extending your legs by extending one leg out straight and as you bring it in extend the other leg out.
3. Continue to repeat this process like you are riding a bicycle until the required repetitions are completed.
4. Make sure you keep your back flat during the movement. If you are unable to keep your back flat then reduce the extension of your legs

Bridge (Plank) on elbows



Exercise Description:

Bridge (Plank) on elbows

Classification:

Core (body weight)

Instructions:

1. Start by lying face down on the ground. Place your elbows and forearms underneath your chest.
 2. Prop yourself up to form a bridge using your toes and forearms.
 3. Maintain a flat back and do not allow your hips to sag towards the ground.
 4. Hold for the required time limit or until you can no longer maintain a flat bridge.
- Double Leg Pressouts



Exercise Description:

Double Leg Pressouts

Classification:

Core (body weight)

Instructions:

1. Start by lying on your back with your knees towards your chest and your arms flat on the ground.
2. Keeping your back flat throughout the movement kick your legs out and away until they are almost straight.
3. Bring your legs back in and repeat for the required number of repetitions.
4. If you are unable to keep your back flat on the floor throughout the movement shorten the distance that your legs extend until you get stronger.

Oblique Crunch



Exercise Description:

Oblique Crunch

Classification:

Core (body weight)

Instructions:

1. Start by placing your left foot over your right knee and place your hands behind your head.
2. Lift your shoulders up off the ground and twist so that your right elbow tries to touch your left knee.
3. Return to the starting position and repeat according to the required repetitions.
4. Repeat with the other side.

Supine Rollout on Ball



Exercise Description:

Supine Rollout on Ball

Classification:

Core (body weight)

Instructions:

1. Start by lying on your back on the ball with your upper back on top of the ball and your arms out to the side.
2. Slowly roll yourself to the side maintaining a flat bridge with your trunk.
3. Roll back to the starting position and repeat to the other side.
4. As you get stronger roll farther out to the side while maintaining the bridge position.

Lumbar Roll



Exercise Description:

Lumbar Roll

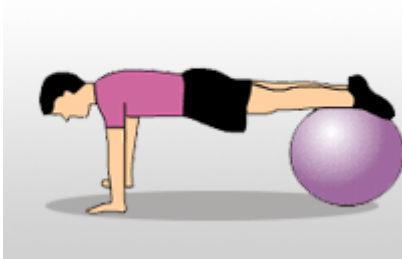
Classification:

Core (body weight)

Instructions:

1. Lie on your back with your legs in thighs perpendicular to the floor and your knees bent.
2. Keeping your shoulders on the ground slowly rotate your legs to the right until they touch the floor.
3. In a controlling manner bring your legs back up to the starting position.
4. Repeat with the other side.

Prone Knee Tuck on ball



Exercise Description:

Prone Knee Tuck on ball

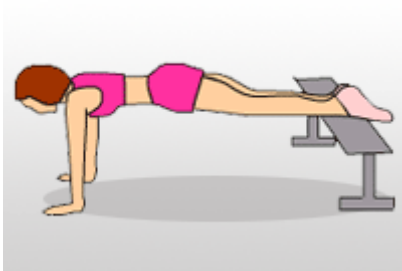
Classification:

Core (body weight)

Instructions:

1. Start in a push up position with your feet on top of a stability ball.
2. Slowly bring your knees in towards your chest and then return to the starting position.
3. When your legs are extended make sure to keep your hips parallel with your body and do not let them sag towards the ground.

Scorpion



Exercise Description:

Scorpion

Classification:

Core (body weight)

Instructions:

1. Get into a pushup position with your feet on a bench.
 2. Raise your right knee towards your left shoulder as you rotate your hips up and to the left as far as you can.
 3. Then reverse direction and rotate your hips up and to the right. Try to touch your right foot to the back of your left shoulder. You will not physically be able to do this.
 4. That is one rep and continue for the prescribed repetitions and then repeat with the other leg.
- Air Bike Crunches

**Exercise Description:**

Air Bike Crunches

Classification:

Core (body weight)

Instructions:

1. Start by lying on your back with your hands behind your back and thighs bent 90 degrees at your hip.
2. Simultaneously curl your right shoulder and left knee up towards the center of your body until your elbow and knee touch. Return to the starting position and repeat with the other side.
3. Continuously repeat this pattern for the prescribed repetitions.

Ball Transfer Crunch

**Exercise Description:**

Ball Transfer Crunch

Classification:

Core (body weight)

Instructions:

1. Start by lying on your back with a stability ball held between your legs and your arms directly above your head.
2. Simultaneously raise your legs with the ball and your shoulders up towards the ceiling.

3. At the top grab the ball with your arms and return to the starting position with the ball in your hands.
4. Repeat this movement and transfer the ball back to your feet.
5. Repeat for the required repetitions.

Belly Blaster



Exercise Description:

Belly Blaster

Classification:

Core (body weight)

Instructions:

1. Start in a plank position with your elbows and forearms on the ground, your body parallel to the floor and up on your toes.
2. Make sure your belly button is drawn in toward your spine and raise your hips up into the air and hold for a 1 second count.
3. Return to the starting and repeat for the prescribed number of repetitions.

Long Lever Crunches



Exercise Description:

Long Lever Crunches

Classification:

Core (body weight)

Instructions:

1. Lie on your back with your arms over your head and knees bent with feet flat on the floor.
2. Curl your shoulders up and towards your knees keeping your arms overhead.
3. Return to the starting position and repeat for the prescribed number of repetitions.

Decline Reverse Crunch



Exercise Description:

Decline Reverse Crunch

Classification:

Core (body weight)

Instructions:

1. Lie on a decline bench with your head at the top and feet towards the floor.
 2. Keeping your legs semi straight curl them up towards your head and try to curl your hips up off the bench when you reach the top.
 3. Slowly return to the starting position and repeat keeping your legs in control at all times.
- Elbow Stabilization



Exercise Description:

Elbow Stabilization

Classification:

Core (body weight)

Instructions:

1. Form a plank position with your elbows and your feet keeping your body parallel to the floor.
2. Keeping your trunk tight and parallel lift up one elbow and rotate your trunk and shoulders.
3. Hold for a count of 2 and then return to the starting position and repeat with the other arm.
4. Repeat for the prescribed number of repetitions.

Hip Thrusts



Exercise Description:

Hip Thrusts

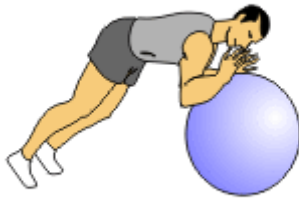
Classification:

Core (body weight)

Instructions:

1. Lie on your back with your legs bent 90 degrees at the hip.
2. Slowly lift your hips off the floor and towards the ceiling.
3. Lower your hips to the floor and repeat for the prescribed number of repetitions

3 point rollout on ball



Exercise Description:

3 point rollout on ball

Classification:

Core (body weight)

Instructions:

1. Place your forearms on top of the ball and your feet anchored on the floor.
2. Keep your trunk in a parallel position and draw your belly button in towards your spine.
3. Slowly extend your arms out away from your body and then bring them back in towards your chest.
4. Do not let your hips drop below parallel. If this happens do not extend your arms as far. Your arms should only be extended as far as you can without dropping your hips below parallel.

Burpees



Exercise Description:

Burpees

Classification:

Core (body weight)

Instructions:

1. From a standing position, jump as high as possible and land down on your feet with your hands on the ground.
2. Kick your feet back. For a moment you will be in a push up position and jump back up again as fast as possible.
3. Repeat for the required repetitions

Janda Sit up



Exercise Description:

Janda Sit up

Classification:

Core (body weight)

Instructions:

1. The performance of this exercise is done by sitting in a normal situp position feet flat on ground but vigorously tightening hamstrings and glutes.
2. This will cause the hip flexors to be inactivated in a process called reciprocal inhibition which basically means that opposite muscles to the contracted ones will relax.
3. As you begin the exercise fill your lungs with air and in a slow three to five second count ascent, slowly exhale.
4. Return to the starting position and repeat.

Leg Raise Pike



Exercise Description:

Leg Raise Pike

Classification:

Core (body weight)

Instructions:

1. Start by holding a high bar with your body outstretched completely.
2. Proceed to raise your legs up and touch your feet to the bar. Keep legs as straight as possible.
3. Do not swing during this motion. Your upper body should stay relatively quiet.
4. Return to the starting position and repeat.

Plank



Exercise Description:

Plank

Classification:

Core (body weight)

Instructions:

1. Start by placing your forearms on the ground and forming a plank with your forearms and feet.
2. Hold this position keeping your body parallel to the ground for the required time.

Side Plank



Exercise Description:

Side Plank

Classification:

Core (body weight)

Instructions:

1. Lay on the ground on one side. Raise your body using one forearm and support it in this raised position for the required time.
2. Lower your body and repeat on the other side.
3. Remember to keep your head, neck and body in a straight line.

Lateral Crunch on ball



Exercise Description:

Lateral Crunch on ball

Classification:

Core (body weight)

Instructions:

1. Start by lying on your side across a stability ball with your knees on the ground.
2. Lift your shoulders up laterally so that you perform a side crunch.
3. Return to the starting position and repeat for the required repetitions.
4. Repeat with the other side.

Supine Double Leg Raise



Exercise Description:

Supine Double Leg Raise

Classification:

Core (body weight)

Instructions:

1. Start by lying on your back and a slight bend in your knees.
2. Raise your legs to a perpendicular position to the floor. This is your starting position.
3. Slowly lower your legs until you are no longer able to keep your abs tight and your low back on the floor.
4. Raise your legs back up to the starting position and repeat.
5. Only lower your legs as far as your abs have enough strength for.

Plank Knee-ins



Exercise Description:

Plank Knee-ins

Classification:

Core (body weight)

Instructions:

1. Start by getting on your hands and knees in a push-up position.
2. Keeping your abs tight and your trunk parallel bring one knee in towards your chest.
3. Return the foot back to the starting position and repeat with the other leg.

Abdominal Strengthening



Exercise Description:

Abdominal Strengthening

Classification:

Core (body weight)

Instructions:

1. Lay on your back with knees bent. Place a towel in the small of your back. Keep your lower back pressed against the towel.
2. Tighten abdominal muscles and hold.
In one continuous move, slowly straighten left leg, pause, and then bring it back to the starting position. Do the same with right leg. Let your heels slide across the floor.
3. Maintain tightened abdominals as you alternate legs.
4. Repeat for the prescribed number of repetitions.

isometric abdominal



Exercise Description:

isometric abdominal

Classification:

Core (body weight)

Instructions:

1. Begin by lying on your back with your knees bent.
2. Hollow out your stomach by sucking in your abdominal muscles.
3. Tighten abdominal muscles in this position.
4. Hold for 3-5 seconds and repeat.

Rollouts with Ab wheel



Exercise Description:

Rollouts with Ab wheel

Classification:

Core (body weight)

Instructions:

1. Start by sitting on your knees and placing your hands on the ab wheel.
2. Proceed to roll out with the ab wheel until your body is parallel with the floor.
3. Using your arms pull yourself back up to a semi-upright position.
4. Repeat for the suggested repetitions.

