

Week 2 Exercise

STABILITY BALL PELVIC TILT CRUNCH

This exercise for your abs incorporates dynamic moves that involve multiple muscles and help work the abs in a more functional way.



Step 1. Grab a 5- to 10-pound medicine ball

Step 2. Lie face-up on a stability ball with back and head pressed into the ball, your feet together on the floor, and the medicine ball positioned against your chest

Step 3. Brace your abs and crunch up until your shoulders are off the ball

Step 4. Reach the ball toward the ceiling

Repeat for 20 reps