



STABILITY BALL CRUNCH:

Sitting slightly below the top of the ball, and keeping hips and tailbone in contact with the ball at all times, perform a basic crunch within your range of motion. Lie back on the ball as far as you can without feeling any discomfort in your back, and continue performing up to 3 sets of 15 crunches.

Make sure your stability ball is the correct size for your height. 55 – 65 cm is appropriate for women and men of average height. To check your size or to order a ball on line, shop at my website, www.mypersonalfitness.biz.