

Ball Side Oblique Crunch

Equipment Needed: Stability Ball

Start at this Position:

- Lie with your back on the stability ball. Keep your feet flat on the floor and legs slightly apart.
- Position your body so the small of your back becomes the center of gravity on the ball. If you feel any discomfort in your lower back, position the small of your back lower on the ball. Refer to Figure A. If this does not alleviate the discomfort, **DO NOT PERFORM THIS EXERCISE.**
- Bring your hands behind your head. Elbows are outward and relaxed.
- Using your abdominals, lift your head to create a tennis-ball-sized gap between your chin and chest.
- Keep the small of your back in contact with the ball and your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly crunch inward from the waist to one side, raising your shoulder off the ball.

2. Middle Position



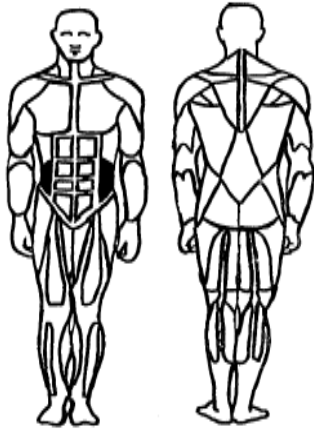
Concentrate on using your oblique and abdominals, maintaining a tennis-ball sized gap between your chin and your chest. Do not use your arm.

3. End Position



Continue to crunch to your side, keeping your chin aligned with the middle of your chest. Hold for 1/2 a second, squeezing your oblique and abdominals.

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Region: Abdominals

- Primary Muscle Worked: Obliques

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your head aligned with your spine.
 - Keep your chin aligned with the middle of your chest.
 - Keep your feet flat on the floor.
 - Concentrate on using your oblique and abdominals, keeping your arms and elbows relaxed.
 - **Do not pull on your neck or bring your elbows forward.**
- Keep the small of your back in contact with the ball to alleviate unnecessary stress on your back.
 - **Do not perform this exercise if you feel discomfort in your lower back.**

4. Return to Start



Inhale as you slowly return to starting position, keeping the small of your back in contact with the ball and maintaining the tennis-ball-sized gap between your chin and chest.

5. Other Side



Duplicate the exercise for the other side of your body. Alternate between sides. Repeat the movement for the recommended number of repetitions. (1 repetition = one for the right and one for the left)

Figure A

