



CORE ENHANCEMENT SYSTEM

PERSONAL EXERCISE PROGRAM

Stability Ball – Abdominal Crunch:

A) Balancing:

- Sit on a stability ball, and walk out forwards until the ball is positioned along the large curve in the middle of your back (Thoracic curve)

B) Down Phase:

- Lower your upper body until your shoulders are touching the ball, and in line with your waist (Figure 1)

C) Lift Phase:

- Keeping your neck relaxed, and pointed towards the ceiling, raise your upper body until your shoulders are no longer touching the ball (Figure 2)



Figure 1



Figure 2

Muscles used: Rectus Abdominus.

NOTE: It is important that you keep your upper body – especially your neck – relaxed while doing abdominal exercises. Looking at the ceiling is a good way to avoid over-use of the neck muscles. Allow 2 seconds for the down phase and 1 second for the lift phase. Breathe in during the down phase and breathe out during the lift phase.