BOSU Abdominal Bicycle

The BOSU stands for “Both Sides Up.” It recruits more muscles than a basic crunch on the floor because it creates an unstable environment.

Sit on the BOSU with your hips on the ball as shown. Support your head with your fingertips. Be careful not to pull on your head or dig your chin into your chest. Keep your back straight. Bend your left knee and straighten your right.

Exhale and rotate your torso to the right as you bend your right knee. Inhale and slowly return to the starting position.