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 as shown with the ball against the middle of your back. 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.

Exhale and lift your right shoulder toward your left hip. Pause briefly. Inhale and slowly return to the starting position. Repeat while rotating toward the right hip.