Jack Knife (Advanced)

This is an advanced exercise and requires both strength and balance. Use a spotter if necessary.

Place your shins on the ball and your hands on the floor as shown. Keep your back straight without sagging downward or lifting your hips into the air. Keep your elbows slightly bent because they are bearing weight.

Exhale and roll the ball toward your hands while remaining in a pike position. Pause briefly. Inhale and slowly return back to the starting position.