Jack Knife (Modified)

Rectus Abdominus

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.

Erector Spinae (Lower Back)

Exhale and curl the ball toward your hands. Tuck your tailbone under. Bring your pelvis toward your ribcage. Pause briefly. Inhale and slowly return back to the starting position.