Medicine Ball Crunch

Rectus Abdominus

Lie flat on the floor and hold a weighted medicine ball as shown. Keep your elbows slightly bent because they are bearing weight.

Exhale and lift your shoulder blades off of the floor. Keep your neck in alignment with your spine and be careful not to dig your chin into your chest. Press the ball upward toward the ceiling. Pause briefly. Inhale and slowly return back to the starting position.