Weighted Stability Ball Crunch

Rectus Abdominus

The stability ball recruits more muscles than a basic crunch because it creates an unstable environment. The weighted medicine ball adds resistance. Sit on the ball as shown with the middle of your back on the ball. Keep your neck in alignment with your spine. Do not pull on your neck or dig your chin into your chest. Keep your back straight and feet flat on the floor.

Exhale and lift your shoulder blades off of the ball. Think about bringing your rib cage toward your pelvis. Pause briefly. Inhale and slowly return to the starting position.