Weighted Stability Ball
Oblique Crunch

Rectus Abdominus

Obliques

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. Place a medicine ball on your right shoulder.

Exhale and lift your right shoulder toward your left hip. Pause briefly. Inhale and slowly return to the starting position. When you have completed your set, repeat on the opposite side.