FULL ROLL-UP

**START:** Lie on back, position ball between knees, bend legs and position feet flat on the floor hip-width apart. Extend arms above head on the floor and pull abdominal muscles inward.

**FINISH:** Squeeze ball, slowly curl body upward and lift upper body completely off floor, curving back slightly forward while keeping arms straight above head. Keep abdominal muscles tight and feet flat on the floor. Hold 1-2 seconds and slowly return to start position.

CRUNCH

**START:** Lie on back, position ball between knees, bend legs and position feet flat on the floor hip-width apart. Extend arms above head on the floor and pull abdominal muscles inward.

**FINISH:** Squeeze ball, slowly curl body upward and lift shoulders off floor while reaching forward with hands. Keep abdominal muscles tight and legs stationary. Hold 1-2 seconds and slowly return to start position.

BICYCLE

**START:** Lie on back, position ball under tailbone with legs straight and together above the floor. Extend arms along sides of body on the floor and keep back straight with shoulders on the floor.

**FINISH:** Keep legs lifted off floor, straighten one leg forward while simultaneously bending opposite leg up and back above hip. Keep shoulders on the floor, abdominal muscles pulled inward, and tailbone firmly on the floor. Alternate bending and straightening of legs in a slow, continuous manner.
BRIDGE

**START:** Lie on back, position ball under feet and bend legs to approximately a 90-degree angle. Position hips, trunk, and shoulders on the floor with arms positioned along sides of body.

**FINISH:** Slowly lift hips and buttocks upward until knees, hips, and shoulders are aligned. Keep back straight and shoulders and head stationary on the floor. Hold 1-2 seconds and return to start position.

SINGLE KICK

**START:** Lie on back with legs straight and together on the floor. Hold ball with both hands, extend arms above head and pull abdominal muscles inward.

**FINISH:** Slowly lift upper body upward with arms straight overhead while simultaneously lifting one leg up and backward; ending when ball reaches toward top of foot. Keep back straight with opposite leg and hips stationary on the floor. Hold 1-2 seconds and alternate legs.

DOUBLE LEG CIRCLES

**START:** Lie back, place ball under tailbone, straighten legs and position feet and knees directly above hips. Extend arms along sides of body on the floor and keep back straight with head and shoulders on the floor.

**FINISH:** Slowly rotate legs clockwise or counter-clockwise in a circular motion just outside width of hips. Keep legs straight and together with shoulders on the floor and abdominal muscles pulled inward. Hold 1-2 seconds and alternate to other side.