
#42: Abdominal Reaches

Purpose: Strength

Focus Area: Abdominals

Equipment Needed: Stability ball

Technique:

- Assume a kneeling position.
- Place the ball under your chest with your hands on the sides of the ball.
- Contract your abdominals by pulling up and in.
- Keep your thighs and core perfectly straight.
- Perform a partial push-up until your chest just lifts off the ball.
- While maintaining your balance, use your arms to slowly push the ball out—away from you. Roll the ball between your forearms and then bring the ball back to the starting position.

