

SWISS BALL ABDOMINAL CRUNCHES



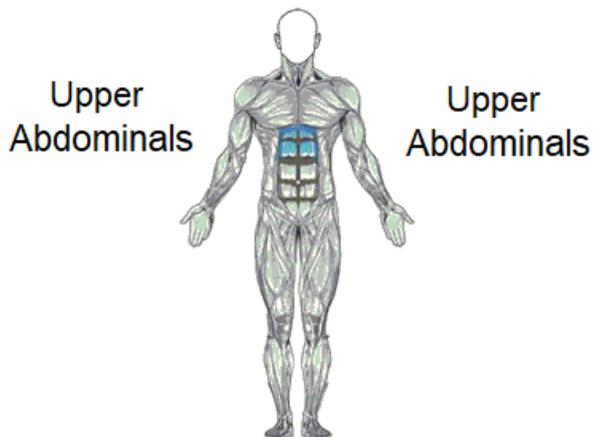
1. Lie comfortably on a Swiss Ball with your legs bent and your feet firm on the ground at about hips width apart. Place your hands lightly on each side of your head, with your elbows held slightly up and pointing forward (do not lock your fingers behind your head). This will be your starting position.
2. Start raising your head off the ball and towards your midsection along with your arms as you contract your upper abdominal muscles as hard as you can, and while keeping your back on the ball and your feet on the floor.
3. Slowly return your head back to it's starting position while keeping your upper abdominal muscles fully engaged.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: Be careful not to strain your neck as you perform this exercise, while mainly focusing on executing slow and controlled movements. This is also a balance & coordination exercise so it's normal for you to feel your hip flexors and legs muscles getting engaged due to the effort being done by your hips and lower body to keep your torso balanced and centered throughout the entire movement. Make sure the floor surface beneath you isn't slippery to avoid the possibility of having the ball slip from underneath you at any point while performing this exercise.

ALTERNATIVE EXERCISES: [Floor Abdominal Crunches \(Legs Crossed\)](#) / [Standing Cable Crunches](#)

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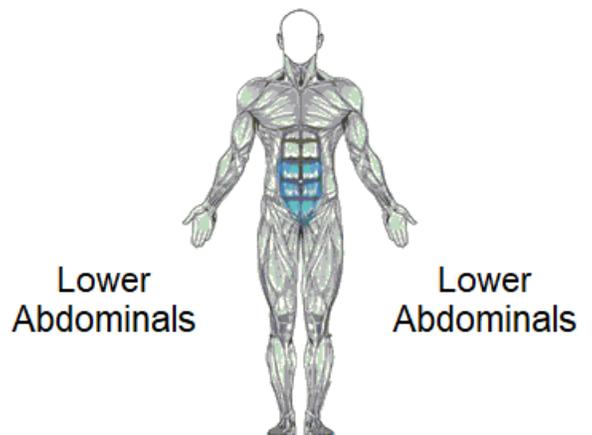
PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

SECONDARY MUSCLE



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



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