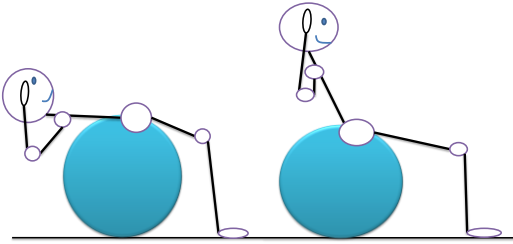
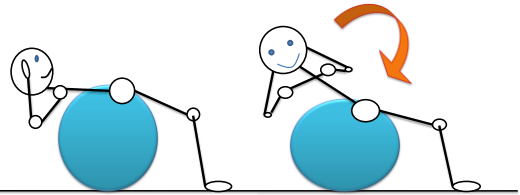


BALL CRUNCH



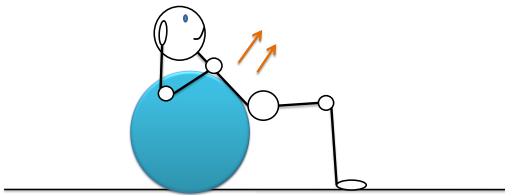
Oblique Crunch



1. Complete a crunch
2. Twist and come back to start position.



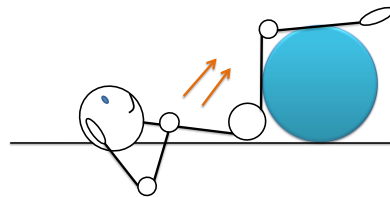
INCLINE AB CRUNCH



1. Rest back and hips on the ball.
2. Complete an AB crunch. (This is small movement.)



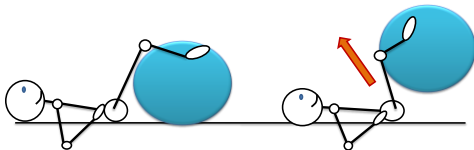
CRUNCH



1. Rest back and hips on the floor
2. Hold ball between upper and lower legs.
3. Lift upper body to perform a crunch.



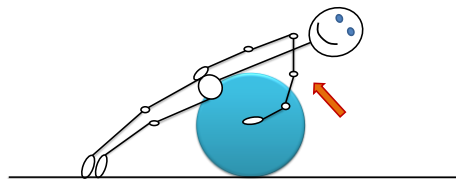
Reverse Crunch



1. Squeeze ball between your knees.
2. Lift ball off the ground.



SIDE CRUNCH



1. Rest hips and side on ball.
2. Keep feet on the ground and lift side off ball.

