



To build core strength on exercise ball.

Sit on ball, feet and legs extended forward and arms crossed over chest, head up.

Bend knees and lay back, rolling down on the ball.

Then contract abdominal muscles to sit up.

Repeat.



DISCLAIMER: The material provided here is solely for general education and informational purpose. It is neither medical nor healthcare advice for any individual problem. It is also not intended to be used for medical treatment. Always seek the advice of your physician or other qualified healthcare providers regarding your particular situation.