

Bender Ball Basic Ab Workout

Consult your doctor before starting any fitness program.

BALL SET-UP BEFORE EACH EXERCISE



Set up tall with your feet flat on the ground. Wedge the ball at the top of your tailbone. Arch slightly back over the ball roughly 45 degrees. **DO NOT LET GO OF THE BALL.** Lean back slightly on to the ball. Your mid-back and tailbone should always be in contact with the ball.

BASIC BALL CRUNCH FOR MID-ABS (RECTUS ABDOMINIS)



Do your Ball Set-Up first. Arch slightly back over the ball roughly 45 degrees. Set up slowly while looking up. Aim 12-15 repetitions and 1-2 sets to start. Work up to 15-20 repetitions and 3 sets. Try to do 3 seconds back, 3 seconds forward, squeeze at the top rep count. **REMEMBER** your ball should always stay in contact with your mid-back and tailbone so do not come too far forward in your crunch. During the exercise, you should always feel tension in your mid-abs (Rectus Abdominis).

BASIC TWIST FOR SIDES (OBLIQUES)



Do your Ball Set-Up first. Arch slightly back over the ball. Keep your head centered. Begin **SLOWLY** twisting to one side while maintaining the basic crunch position. Return to the center and twist to the opposite side. Aim for 10-12 reps on each side and 1-2 sets. Work up to 12-15 on each side and 3 sets. Try to do a 3 second hold right side, 3 second hold center, 3 second hold left side.

BASIC LEG RAISES FOR LOWER ABDOMINAL AREA



Set up tall with your feet flat on the ground. Place the ball tightly between your knees. Slowly round your back all the way flat to the ground. Lay your arms out to the side for stability. Make sure your lower back and tailbone are touch the ground. Carefully bring your knees up to a 90-degree angle. **AGAIN,** make sure your lower back and tailbone are touch the ground. Begin to slowly lower your feet until you feel your lower abs get tight. Try to hold there for 3 seconds. Bring knees back to 90 degrees. Repeat for 10-12 reps to start and 1-2 sets. Work up to 15-20 reps and 3 sets.

You can purchase a Bender Ball from Amazon for \$12.99

