



# Get those Abs



1. Fitball Oblique Crunch: Starting Position: Lie onto a fitball placing feet on a wall and make sure your legs are straight. Stack your hands behind your head, keeping your elbows really wide. Ending Position: Crunch all the way up using your obliques. Do this movement without leaning back or moving your hips. Try 2 sets of 20 reps.



2. Reaching Oblique Twists: Starting Position: Grab a mat and lay onto the mat so your back is supported and your feet are flat onto the mat with your knees together. Bring your chin to your chest. Ending Position: Your right hand will reach to your left knee go down slightly into the mat and then come right back up reaching the left hand to the right knee. Repeat the exercise until you do 15 on each side. Really reach to the opposite knee twisting when you come up.



3. Fitball crunch to the ceiling: Starting Position: Grab a fitball and sit on it so your lower to mid back is supported. Place your hands straight up to the ceiling. Ending Position: Pulse your hands up to the ceiling. You are just crunching your upper abs up to the ceiling. It is a tinier movement. Try 2 sets of 20 reps, and maybe add a medicine ball for a more advanced move.

**For more information, ask one of your certified personal trainers**