

exercise ball jackknife

target muscles: rectus abdominis, transverse abdominis

starting position

1. Get into a push-up position, resting the lower part of your shins on top of an exercise ball.
2. Make sure your arms, back and legs are straight.



movement

1. Slowly pull your lower body in towards your hands, allowing the ball to roll forwards and raising your hips as high as you can.
2. Pause, contracting your abs hard, then roll the ball back to the start position.



TIPS

- This exercise requires considerable core strength and upper body strength so practise the movement with a spotter first.
- Keep the movement smooth and controlled.
- Roll the ball in as close to your hands as possible and tuck your chin in – your torso should be almost vertical.