

**Sit-ups on the Ball**

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- Sit on a ball, and slowly roll to where your low back is on the ball, placing your feet slightly wider than shoulder width for stability
- Placing your hands either on your chest, or holding your ears (not your neck),
- Brace your abdominal muscles, tightening them for stability while raising and tightening your hip muscles
- Raise your shoulders, not just your head, toward the ceiling, creating a “C” shape in your back
- Your low back will stay on the ball, this is only a crunch not a full sit-up
- Return slowly to a reclined position, slightly arching your back over the ball; repeat
  
- To get the most out of your workout, aim for 1-3 sets of 12-15 repetitions

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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