



## Abdominal Roll Out On Legs 1

Purpose:

Improves abdominal strength and overall stability.

Benefit:

Improves stability, force production, increases consistency, decreases occurrence of injuries.

Instructions:

In a push up position, place your feet on ball. Hold your spine straight and maintain head and neck alignment. Draw your legs under your body over the duration of two seconds. Return to the start position over the duration of two seconds.

Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_

