



Fit Minded Olympic Challenge

Abdominal Training Workout #1:
Physio Ball Workout

3x20 Ball Twists



Lie on your back and rest your legs on top of the ball with your legs about hip-width apart. **Tighten your abdominal** muscles and squeeze your legs together.

Raise the ball off the floor, as shown. To protect your lower back, focus on pulling your bellybutton in toward your spine and keeping your abdominal muscles contracted. Hold for three deep breaths.

Return to the start position and repeat.

For added challenge: raise the ball off the floor and let your legs slowly fall to the right. Stop before you reach the floor. Hold for three deep breaths, keeping your shoulders on the floor. Return to the start position and repeat on the left side.

Alternatives for Physioball: If you don't have a physioball, you can perform this exercise by keeping your thighs/shins at about 90 degree angle at the knee.

3x20 Leg Lifts

Lie flat on the ground, with the ball between your ankles about hip width apart.

Tighten your abdominal muscles and squeeze your legs together.

Slowly raise your legs to a 90° angle, as shown, then slowly lower them back to 6 inches above the ground. This returns you to starting position, repeat process.

Remember to pull your belly button into your spine to protect your lower back.



Alternatives for Physioball: If you don't have a physioball, you can perform this exercise with a beach ball, usually pretty cheap at Wal-Mart or a grocery store.

3x20 Abdominal Crunches



Sit on the ball with your feet resting on the floor, about hip-width apart.

Keep your back straight. Cross your arms on your chest.

Tighten your abdominal muscles.

Lean back, as shown, until you feel the muscles in your midsection tighten. Hold for three deep breaths.

Return to the start position and repeat.

Alternatives for Physioball: If you don't have a physioball , you can perform this exercise on the floor.

3x20 Back Extensions

Lie down with the ball under the belly and hips, legs straight out behind you (or knees bent for a modification).

Place the hands behind the head or under the chin - you can also keep the hands resting on the ball if you need a modification.

Round down over the ball and then squeeze the lower back to lift the chest off the ball.

Raise up until the body is straight (don't hyperextend), lower down and repeat.



Alternatives for Physioball: Try leaning over the edge of the couch arm with your stomach on the arm and your legs on the couch. You can also perform this exercise on the floor.

3x20 Abdominal Bridge



Lie on your back with your legs resting on top of the ball.
Tighten your abdominal muscles.
Raise your hips and buttocks off the floor into a bridge (A). Hold for three deep breaths.

This works your core muscles and the muscles along your backside, the gluteal muscles and hamstrings, as they contract to keep you in place.

Return to the start position and repeat.

For added challenge: Raise your right leg off the ball (B). Repeat with your left leg.

Alternatives for Physioball: Try this exercise with your legs supported by the edge of the couch.