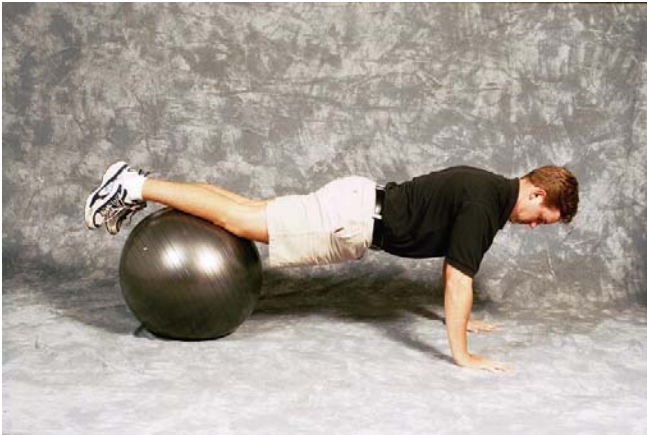
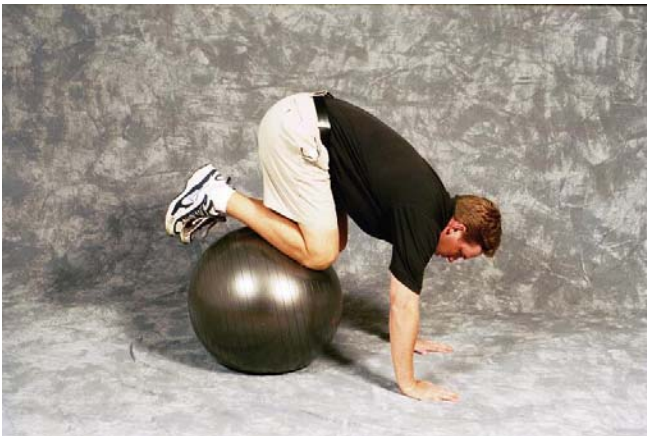


## ABDOMINAL ROLL OUT ON LEGS



124 A: Start



124 B: Finish

Purpose: Increases abdominal strength and overall stability.

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

Instruction:

- 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 \_\_\_\_\_

