

MUSCLE INERNO.COM'S BEST LIST

ABDOMINAL EXERCISES, PHYSIOBALL/SWISSBALL

**Please consult a physician before conducting these or any other form of exercise and review our Disclaimer.

Perform the following number of sets and reps based on your fitness level:
 (Add resistance-dumbbells, medicine ball, weight vest, resistance band, etc. if needed)

Beginner: 2 x 10 - 15 of each exercise
 Intermediate 3 x 15 - 20 of each exercise
 Advanced: 3 x 25 - 30 of each exercise

(Best Abs) Crunch: Supine, Full Range, Foot Supported, Physioball #1777



(Best Abs) Pike: Forearms on Bench, Toes on Physioball, Prone #12711



(Best Abs) Physioball Pass: Supine #12712



(Best Abs) Toe Touches: Overhead Reach with Feet on Physioball, Supine #12761



(Best Abs) Thigh Slides: Supine, Combo, Six Inches, Physioball Squeeze, Diagonal #8902

