**SIT UPS**

**BEGINNER**
1. Begin seated on the ball with your feet flat and hip distance apart. Engage your core and roll forward until your back is flat against the ball.
2. Cross your arms over your chest.
3. Raise your shoulders and head until you can see your knees. Return your back to the ball and do 2–3 sets of 10–15 sit ups.

**LEG EXTENSIONS**

**BEGINNER**
1. Begin seated on the ball with your feet flat and hip distance apart.
2. Lift one foot and straighten your leg at the knee until your calf is parallel to the floor.
3. Hold this position for 10 seconds, and do 2–3 sets of 10–15 reps on each side.

**BALL LIFTS**

**BEGINNER**
1. With your back flat on the floor, place the ball between your feet with hands behind your head.
2. Squeeze the ball with your feet, and use your core to lift the ball upwards.
3. Keep your legs straight and lift until they are perpendicular to the floor.
4. Lower your legs to the floor and repeat for 2–3 sets of 10–15 lifts.

**TIP:** Perform this move slowly to engage your abs more.
**BALL SQUATS**

**BEGINNER**
1. Stand with your back against a wall, and the ball placed in between at your lower back.
2. Walk your feet forward a few steps until you can comfortably lower yourself into a squat.
3. Hold this position for 10–20 seconds, return to standing position, and do 2–3 sets of 10–15 squats.

**OVERHEAD BALL SQUATS**

**INTERMEDIATE**
1. Hold the ball with your arms extended above your head and feet spread shoulder distance apart.
2. Drop into a squat, keeping your torso upright and core firm. Go as low as you can without compromising your form.

**BALL WALKS**

**BEGINNER**
1. Begin seated on the ball with your feet flat and hip distance apart and hands behind your head.
2. Contract your abs, and slowly walk your feet forward until your back is supported by ball.
3. Walk backward until you return to the seated position and repeat, doing 2–3 sets of 10–15 walks.

**TIP:** Hold onto a wall if you’re having trouble balancing.