



## Ball Plank with Leg Lift

The traditional plank exercise is an excellent stabilization exercise that involves almost every muscle in the body with a focus on the abs and back. This version involves propping the feet on a ball and lifting the legs, one at a time, to add intensity to the exercise. To modify, place the ball under the shins or upper thighs.

1. Get into plank position with feet resting on the ball, hands under shoulders and abs contracted.
2. Lift the right leg off the ball a few inches and lower and repeat on the other leg
3. Continue alternating legs for 1-2 sets of 10-16 reps on each side.
4. Make it easier: Prop the ball against the wall for balance.

