



Exercise Of The Week
Stability Ball Pike Up

The stability ball pike up requires a good amount of core strength but is an excellent exercise for individuals looking to challenge themselves in their training. It really targets your abdominals and lower back as well as your arms and shoulders which provide stability throughout the exercise.

1. Start by getting yourself into a press up position with arms straight and hands just outside of shoulder width apart.
2. Place feet up on stability ball, with legs straight and laces and shins in contact with ball, this is your starting point.
3. From here slowly raise your buttocks into the air and crunch your abdominals, rolling the ball in towards your hands so your body forms a v shape.
4. This is the end point of the motion. Here pause for a few seconds before slowly lowering back down to the starting position, this is one repetition.

