

reverse JACKKNIFE

Commonly called the jackknife or the v-up, this exercise is excellent for core stability and strengthening your abdominal region. The jackknife is almost always performed on the floor... but have you ever thought about doing the jackknife on an exercise ball?

Getting started can be the hardest part! The simplest way is to place the ball in front of you while kneeling. Roll forward, placing your trunk onto the ball. Walk your hands forward until your shins are resting on the ball and your arms are in a push-up position. This position requires stabilization of the core; make sure your spine is in a neutral position.

Now crunch in and bring your knees into your chest, then extend your legs back to the original position, then repeat. Aim for two sets of ten. If you are able to perform these sets with no problem, move on to the advanced reverse jackknife.

ADVANCED REVERSE JACKKNIFE

From the starting position, keep your legs straight and bend only from the hips. Bring your torso and glutes toward the ceiling. Extend your hips back to the starting position and repeat. Perform two sets of ten.

STEP 1



STEP 2



STEP 3



STEP 4

