**AB FOCUS**

**STEP 1— START POSITION BALLSTRETCH**

**STEP 2**

**STEP 2— DROP AND TUCK**

WITH A CORE-CONTROLLED PELVIC TUCK, DROP DOWN

- Keep head and pelvis on ball
- Bring hands to shoulders, elbows shoulder-width apart

**STEP 3**— ABCRUNCH

BREATHE OUT, &
ONE AT A TIME, WITH CORE MUSCLE CONTROLLED MOTION

1. Tuck Pelvis—
   Don’t move knees or roll ball
   **And then**
   2. Bring chin to chest
   **And then**
   3. Pull belly to spine and crunch

**STEP 4— ABLENGTHEN**

BREATHE IN &
USE CORE CONTROL TO (ONE AT A TIME)

1. Drop shoulders to ball (keep chin and pelvic tuck)
2. Drop head to ball (keep pelvic tuck)
3. Drop pelvis to ball
   Fully relax pelvis

Repeat AbCrunch and AbLengthen for 5 slow breaths
Move with control
Progression: Increase repetitions as able but always maintain StrongPosture™ form

**BREATHING:**

Breathe OUT as you slowly curl UP
Breathe IN as you curl DOWN
Breathe from the lower abs and press the belly to the spine with a “ZipUp” motion

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**PURPOSE:**

- AbFocus on the ball requires you to stabilize & balance as you contract abs with control, working the abs far more than traditional situps, ab rollers, etc.

**GOAL:**

- Fully lengthening and then contracting the abdominals
- Use core muscles to maintain balance on the ball and train new motion patterns

**AWARE POSITION:**

- Drop and Tuck

**CONSCIOUS MOTION:**

With controlled motion

- AbCrunch and breathe out
- AbLengthen and breathe in
Repeat for 5 controlled breaths

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**STRONGBALANCE**

- sec
- x/day
- 90° Leg
- 90° Thigh
- assist
- Stab Tr

**STRONGALIGNMENT**

- x
- x/day
- PTil
- CRetx
- 5 Breath
- Mod
- Neck Lock
- Pelvic Lock
- Angels

**STRONGMOTION**

- x
- x/day
- Ball Tilt
- Ball Stretch
- Ab Focus

**PEP init**

Recheck: ___/___/___