



The Set-up

- Roll out - upper butt and back remain on ball
- Maintain line from hips to head through move
- Your shoulders should be slightly off the ball
- MedBall behind head in nape of neck - elbows wide



Key Points

- Crunch up - elbows remain wide through move
- Do not pull up with elbows in tight or neck rolled
- Neck must be neutral by relaxing shoulders and elbows



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