

Ab Matrix

Step 1: Start with feet together and weight object out in front of body.

Step 2: Step backwards and reach ball over head with arms straight.

Step 3: Repeat with opposite leg.

Step 4: Continue process for 10 times on each leg.



SStep 5: Start with feet together and weight object out in front of body.

Step 6: Step foot out to side laterally bend torso towards leg stepping out to side.

Step 7: Repeat process 10 times on each leg.



Step 8: Start with feet together and weight object out in front of body.

Step 9: Step leg back and rotate torso towards leg that stepped back.

Step 10: Repeat process 10 times on each leg.

