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Health & Fitness



Move of the month

Exercise: Stability Ball Knee Tucks

Target Body Part: abs, legs, calves and shins

Primary Muscles: rectus abdominus (abs), transverse abdominus, quadriceps (quads), obliques

Secondary Muscles: (synergists/stabilizers) erector spinae, anterior and medial deltoids (delts), triceps, pectorals (pecs), serratus anterior, gluteus maximus (glutes), gluteus medius/minimus (abductors), adductors

Equipment Needed: stability ball

Step 1: Starting Position — Lie prone (on your stomach) over the top of a properly inflated stability ball (one that compresses approximately 6 inches under your body weight) with both feet and hands on the floor, hip- and shoulder-width apart.

Step 2: Gently exhale, contract your abdominal/core muscles to stiffen your torso, and slowly walk yourself forward, lifting your legs off the floor. Continue walking out until the fronts of your thighs or knees are resting on the top of the ball. Maintain a rigid torso aligned parallel with your legs. Retract and depress your scapulae (pull your shoulder back and down) as you reach your end position, with your arms fully extended and hands positioned directly under your shoulders. To help with stability, try to keep your legs straight and squeezed together. It helps to think about squeezing a quarter between your knees.

Step 3: Curling Phase — Exhale and slowly pull your knees toward your chest, rolling the ball forward as your knees tuck under your torso and your hips move upward. Continue moving until your knees are positioned under your hips and your tibia (shinbone) lies over the top of the ball. Hold this position briefly.

Step 4: Lowering Phase — Inhale and push your knees away from your torso, returning your body to the starting position.

Wayne's tip: Avoid arching (sagging) your lower back or hiking your hips upward in the starting position. Contract your abdominal, back and glute muscles to keep your torso and legs parallel to the floor.

This exercise is being demonstrated by Wayne Matus, owner of Fitness Together Freehold, a private personal training studio. For more information, call 732-431-5555 or visit www.ft-freehold.com.



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