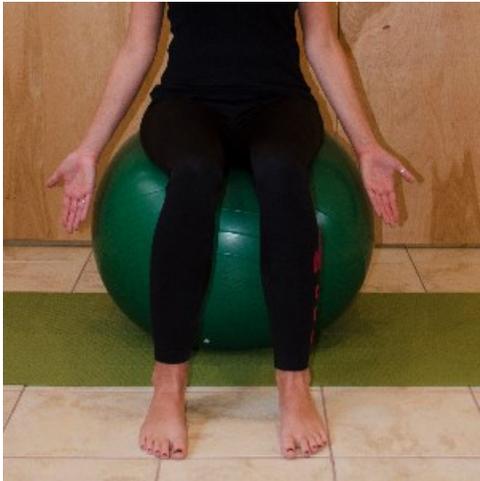


Seated Oblique Tilt

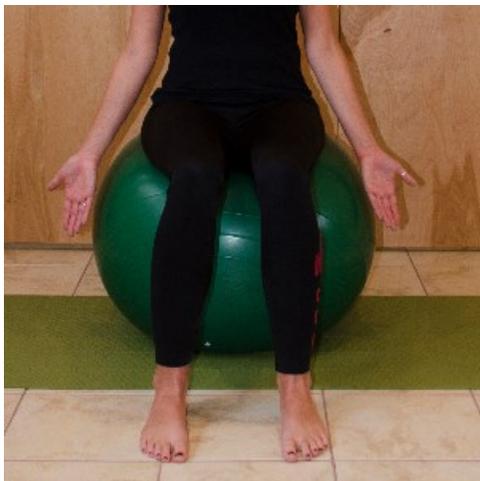
- Begin sitting on the ball in neutral position with a 90 degree angle between your knees and thighs.
- Contract your right obliques (side abdominal muscles) and tilt the ball slightly to the right, then back to neutral
- Repeat this motion for the left side
- 2 minute reps with 4 sets is goal. Start with 2-3 sets and work your way up to 2 minutes with good form/posture.



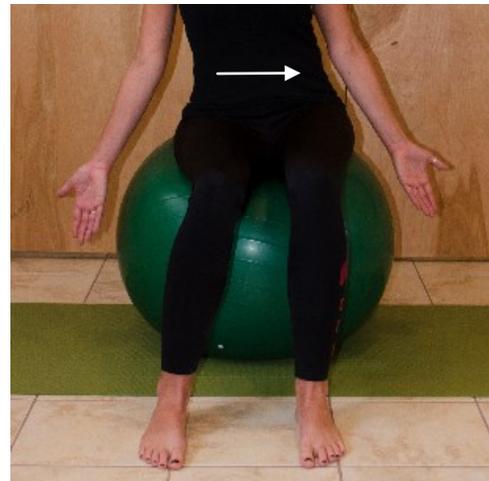
Neutral



Right



Neutral



Left

