V-Ups

(with large ball or large pillow)

Start Position

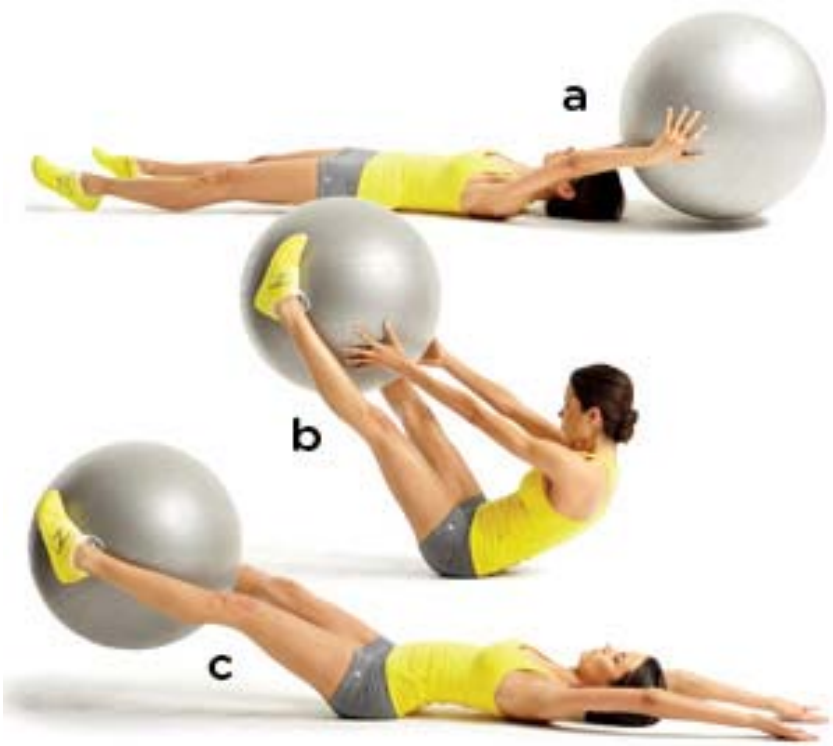
Lie flat on your back with your arms extended past your head and on the floor. Place a large pillow or an exercise ball between your hands and hold out over your head.

Movement

Slowly bring your arms and your legs up and together at the same time creating a 'V' with your body. Keep your arms and legs fully extended. Transfer the ball to between your legs (this takes a little coordination) and slowly bring your legs and arms back to the original starting position. Always bring your arms and your legs up and down together.

If you are new to this exercise or have any issues with your lower back, please keep your knees bent and don't worry about coming all the way up. You can also just start by reaching the ball towards your legs but don't bring your legs up until you are stronger.

Arms to legs and legs to arms count as one repetition. Repeat 5 times.
(Work on these! They will get easier.)



Debby Schiffer, Wellness Director debby_schiffer@targetingwellness.com