

## Ball Roll-Out

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- Kneel on carpet or a soft pad, placing your forearms close to your body but on the ball.
- Keeping your back straight, tighten your abdominal muscles, holding that tightness throughout the motion.
- Roll forward, moving your knees and hips, but keeping your forearms close to your body. Stop when you reach a point in which it is challenging to keep your abs tight. You shouldn't extend your arms more than just a little bit. The motion is in your hips.
- Be careful to not arch your back. If you feel pressure or pain in your low back, don't roll out as far and slightly round your back.
- Return to the start position, repeating the motion.
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

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### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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