

Claire Alix Anderson

Functional training
with the

BODYMATE
fitness ball



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Liability disclaimer

This book is intended to provide the reader with supplementary assistance when exercising with the BODYMATE fitness ball. The aim is to increase functional strength, mobility, endurance and coordination. This often leads to increased vitality and well-being for users.

It must be mentioned, however, that athletic activities may cause serious injuries and may pose a health risk. This may be the case if exercises are carried out incorrectly or if there are prior illnesses that can lead to physical exertion. Although this book was written in collaboration with professional trainer Claire Alix Anderson, we strongly caution against exercising without professional help.

Before starting training or carrying out the exercises listed in this book, a doctor should be consulted! A doctor's consent is strongly recommended before starting any athletic activities. If any discomfort occurs during exercising with the BODYMATE Fitness Ball, training should be stopped immediately and a physician should be consulted.

If you notice worn or defective parts on the BODYMATE fitness ball, the product should not be used under any circumstances! Furthermore, this book does not claim to be a medical instruction or guideline. The information and exercises in this book are intended only as supplementary assistance during the exercises for the respective user.

If there are any physical discomforts, illnesses or injuries, it is essential to consult a physician before exercising with this book. This also applies to all other physical activities in your everyday life.

The exercises in this book are aimed exclusively at healthy people over the age of 18. It is important that the exercises are conducted

under the supervision and guidance of a professional and certified trainer. The book is intended merely as a supplement and additional assistance. If any physical discomfort or other physical complaint occurs during the exercise, the training should be stopped immediately and a physician should be consulted.

Furthermore, the information in this book is not intended as a substitute for regular exercise or as an alternative to medical advice or treatment. It should therefore be used for information purposes only. If you are taking medication, you should also consult a physician beforehand. Exercising with the fitness ball requires care and caution. Before exercising, we recommend a warm-up session to perform the exercises slowly and carefully. Physical signals should always be taken into account, so that training does not continue until you are completely exhausted. The training with the fitness ball includes exercises for beginners as well as for advanced users, which can be physically strenuous. If you have little or no experience with fitness ball exercises, you should only use beginner exercises.

Why you should exercise with the Fitness ball

You have decided to exercise with the BODYMATE fitness ball. Congratulations! Training with this ball is extremely versatile and beneficial for the entire body.

The exercises with the BODYMATE fitness ball focus on four core areas:

1. Mobility
2. Endurance
3. Strength
4. Coordination

Your back, stomach, legs, chest, arms, shoulders and buttocks are all challenged by the different exercises in this book. This strengthens all muscles and takes your fitness to the next level.

My exercises are mainly used to exercise your body's "core". Core training is particularly demanding, but also extremely effective. In contrast to isolated muscle training, complex exercises are performed to simultaneously strain entire muscle chains. My exercises, which especially challenge the muscles between your diaphragm and hips, should help you obtain a "stable core". This has several advantages.

The most important thing first: A strong back and stomach area decisively counteract the no. 1 national disease, back pain or back tension. Your spine can only be supported and thus permanently relieved by strong torso muscles. These muscles considerably

protect the intervertebral discs from overloading and wear. Your vertebral discs are a kind of “airbag” and “shock absorber” between the individual vertebrae. They help to reduce external forces. These forces can be intercepted by a strong surrounding torso muscles.

Core training strengthens your balance. The muscles in the center will help you coordinate your movements. A stable center keeps you upright. And you can see this stability! It makes your movements safer, more fluid and more dynamic. You feel fitter and more energetic in everyday life. And the more comfortable you feel in your body, the more ease you feel in everyday life and in everything you do. Many people who exercise with the fitness ball report a pleasant feeling of well-being, which is already apparent after a just few training sessions.

I will attempt to clean up the training myth of a fitness ball only being suitable for easy gymnastic exercises.

So where does this image come from? Fitness balls have been popular for several decades, especially in physiotherapy and back training. Mobile and versatile in use, it was also marketed in various versions as a so-called seating ball for office work. The gymnastics ball tends to maintain its image as a “back-friendly” and effortlessly simple piece of sports equipment. True to the motto: You are moving, even though you are only sitting. Of course, that’s not enough! And of course, this assumption does not do any justice to the endless possibilities offered by fitness balls.

It was only in the early 00s that renowned fitness trainers discovered the advantages of fitness balls.

In the English-speaking world, a real hype developed within a very short period of time. And rightly so! Athletes and professional players have used the ball to increase their athletic performance capacity. Fitness studios also gave training with the fitness ball their own training areas and offered special courses.

More and more people in Europe are also becoming aware of this new way of exercising. This is where my training guide comes in. The exercises in this book are multi-faceted and challenging.

I will start with individual basic exercises, which are classified according to training level as “easy”, “medium” and “difficult”. Later you can combine many of the basic exercises to create a challenging whole body workout.

What do I have to consider when exercising with the BODYMATE fitness ball?

In each exercise, I will show you what you need to pay particular attention to. However, there are some things you should always keep in mind when you exercise with the fitness ball:

- Stomach and buttocks are tense during the whole exercise
- During exercises in the push-up position, do not create a hollow back or even “sag” (risk of injury!). Your strong core is being exercised and over time it will become easier to keep your body in line. You’ll see!
- During standing exercises always pay attention to the so-called heel pressure, i.e. that your entire foot is consciously placed on the floor during the exercise.
- Pay attention to constant, flowing and dynamic movements.
- Physical health: If you are injured, ill or pregnant, you should consult a physician as well as a professional fitness trainer beforehand. Make sure that the exercises do not pose a problem for your health.
- Stop exercising if you are in pain.
- Read the instructions carefully and make sure you understand the exercise correctly before performing it.
- Quality before quantity: Make sure that you perform the exercises properly and that your technique is flawless.
- Precise and careful exercise is more important than exercising frequently or for a long time
- Last but not least: Is your BODYMATE fitness ball properly inflated? Otherwise your workout may result in injury.

Note that the exercises for beginners, advanced and professionals that are marked as such. For every exercise, you will find the labels “EASY”, “MEDIUM” or “HARD”:



Additionally, endurance exercises are marked with a heart rate symbol:



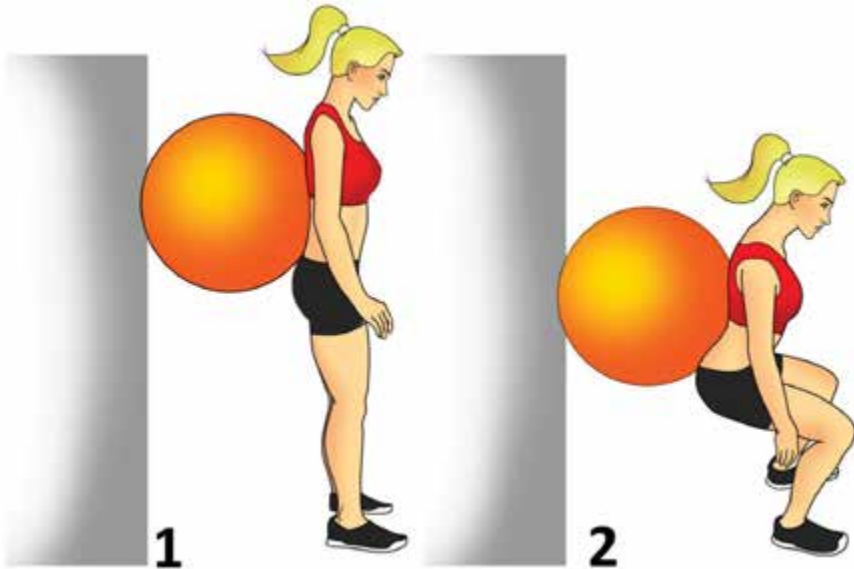
How long should a training unit last?

It is difficult for me to advise someone individually from a distance. But as a general guideline for a balanced training I recommend 3 sets of 10-15 repetitions each. You can set that as a goal at the beginning. Completely untrained, it may be difficult to achieve in the beginning.

If you are already exercising 3 days a week, however, this is enough to achieve constantly recognizable progress and to increase your fitness noticeably.

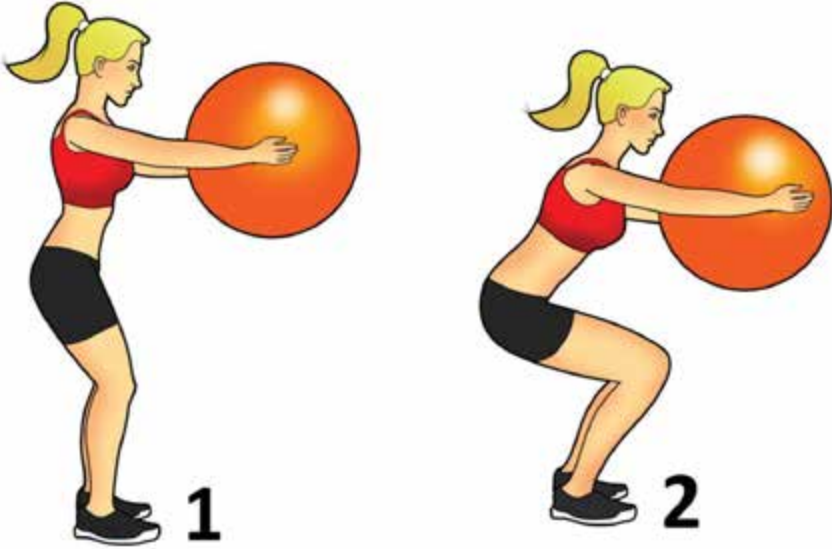
A. Leg exercises

A1. Squats with ball against the wall



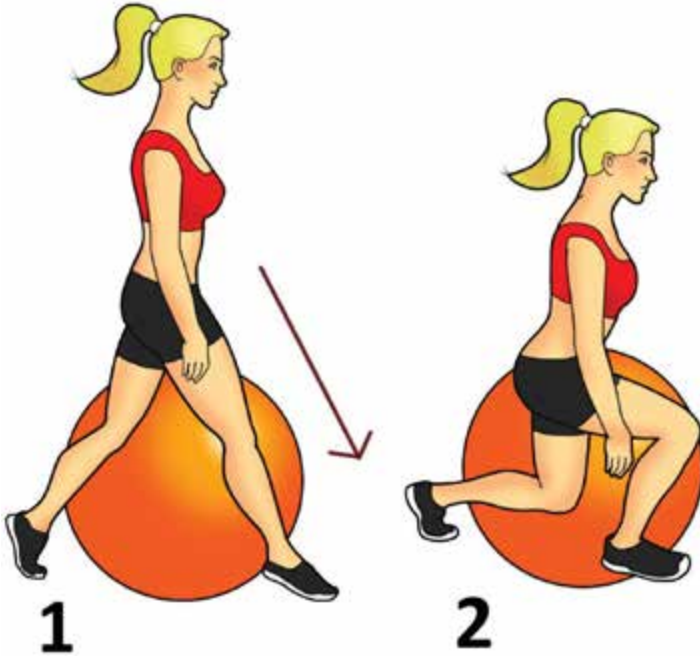
- **Starting position:** Shoulders wide, feet slightly forward, chest up, heel pressure during the entire exercise.
- With a straight upper body lower yourself until your hip is slightly above knee height.
- Then straighten up again.

A2. Free squat



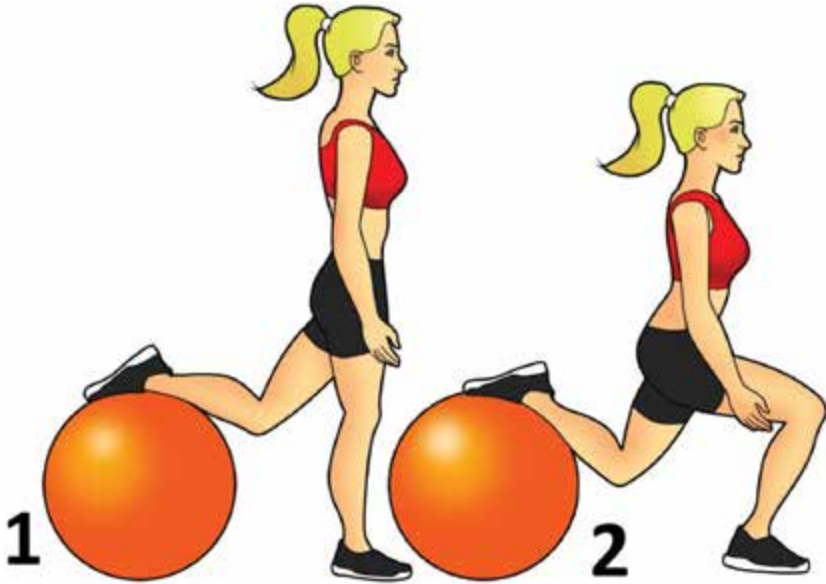
- **Starting position:** Shoulders wide, Shoulders wide, ball at shoulder height, arms outstretched.
- Now lower your body keeping pressure on your heels.
- Then stand up straight again.
- **Important:** Maintain heel pressure throughout the entire exercise.
- **Tip:** The deeper the squat, the harder and more intense the exercise.
- **Tip:** Press the ball together during the exercise. This strengthens your shoulder, chest and arms at the same time.

A3. Simple lunge



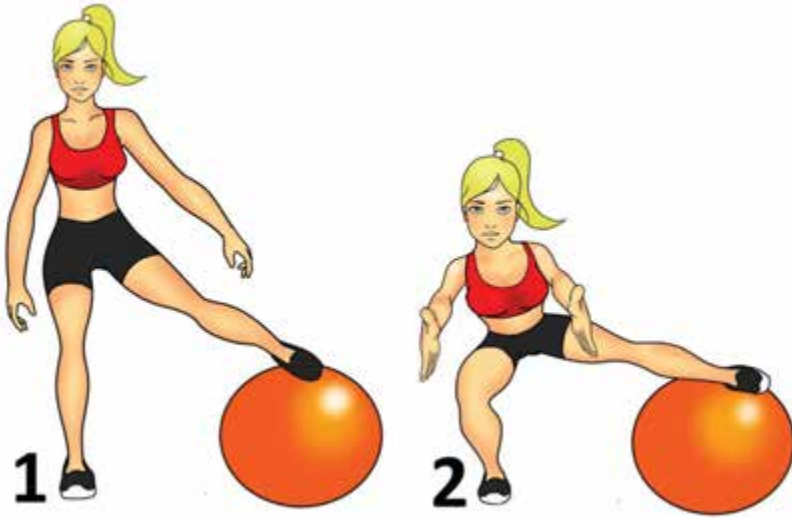
- **Starting position:** Place one foot behind the other, tiptoes on the back foot, hold heel pressure on the front foot. Put one hand on the ball.
- Now lower your upper body straight down until both knees are at an angle of max. 90°.
- Then stand up straight again.

A4. Lunge with ball



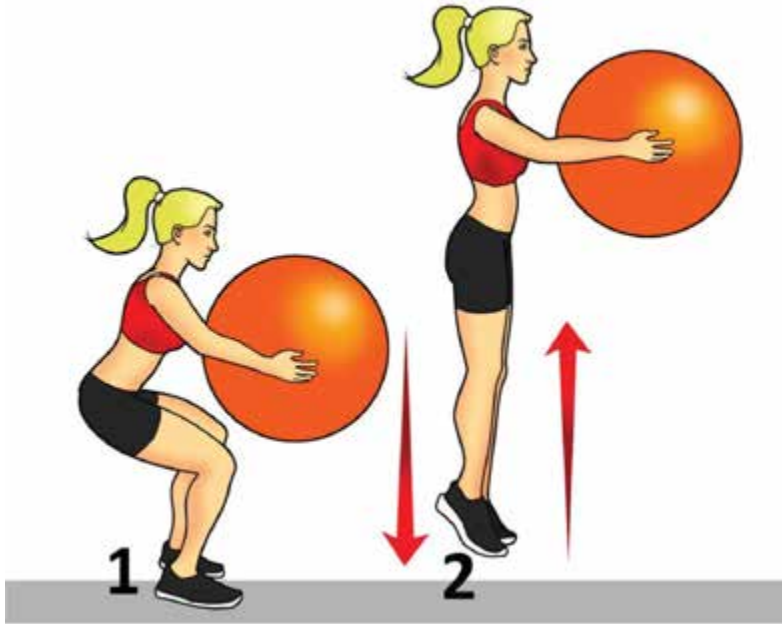
- **Starting position:** Stand in front of the ball, put the back of one foot on the ball.
- Place the back of your foot on the ball.
- Maintain heel pressure on front foot and during the entire exercise.
- Lower upper body straight down, lowering your rear knee towards floor (“imaginary line”).
- Then straighten up again slowly and in a controlled manner.
- **Tip:** The lower, the harder and more intense the exercise becomes.

A5. Side lunge with the ball



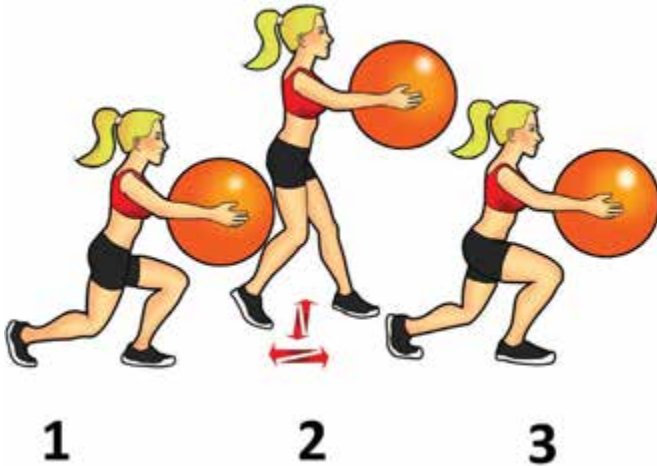
- **Starting position:** Stand to the side of the ball, place one side of your foot on the ball.
- Apply heel pressure to the supporting leg and maintain it throughout the entire exercise.
- Now lower your hip back down until your knee is at a max. 90° angle.
- Then straighten up again slowly and in a controlled manner.

A6. Jumping squat



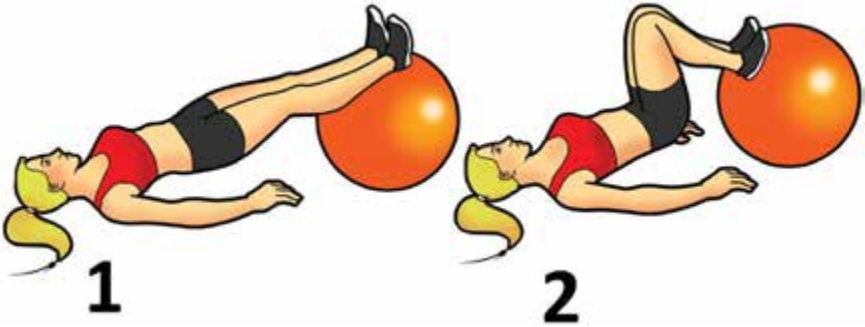
- **Starting position:** Shoulders wide, ball at shoulder level, arms stretched throughout the exercise.
- Lower hips back down, applying heel pressure to both feet.
- Now step out of the heel pressure into the jump and land on your heels or entire foot.
- **Tip:** During the exercise compress the ball, which simultaneously strengthens shoulder, chest and arms.

A7. Jumping lunge



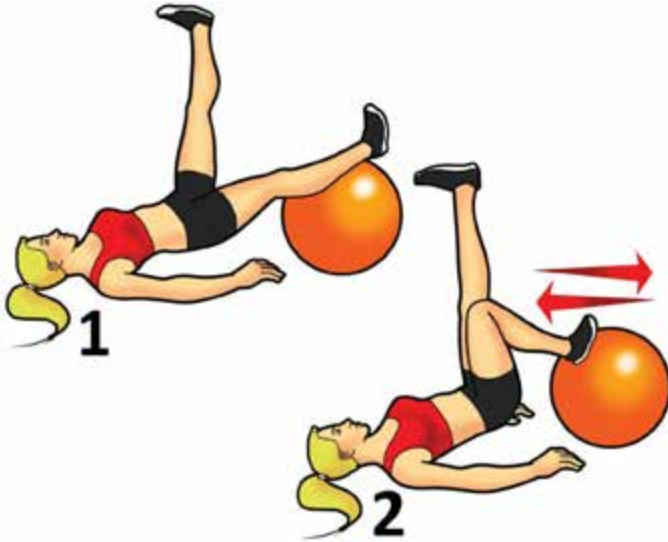
- **Starting position:** Place one foot behind the other, lower your upper body straight down, ball at shoulder level, arms are stretched throughout the exercise.
- Rear foot on tiptoes, heel pressure on front foot.
- Now change the position of the front and rear foot during the jump.
- The front foot lands on the ground completely or with heel pressure.
- Knees are angled at a maximum of 90°.
- **Tip:** Pay attention to dynamic controlled movements, the faster the exercise is performed, the higher the cardio aspect.
- **Tip:** During the exercise compress the ball, which simultaneously strengthens shoulder, chest and arms.

A8. Leg extension with ball



- **Starting position:** Lie on your back and place your lower legs on the ball, place your arms on the side of your body as a support, then raise your hips so that your body forms a straight line.
- Now pull your heels towards your buttocks.
- Then return heels to the starting position slowly and in a controlled manner.
- **Important:** Keep hip and abdominal tension throughout the entire exercise.
- **Tip:** The exercise becomes harder and more intense when your arms are placed on the chest and no longer support the body.

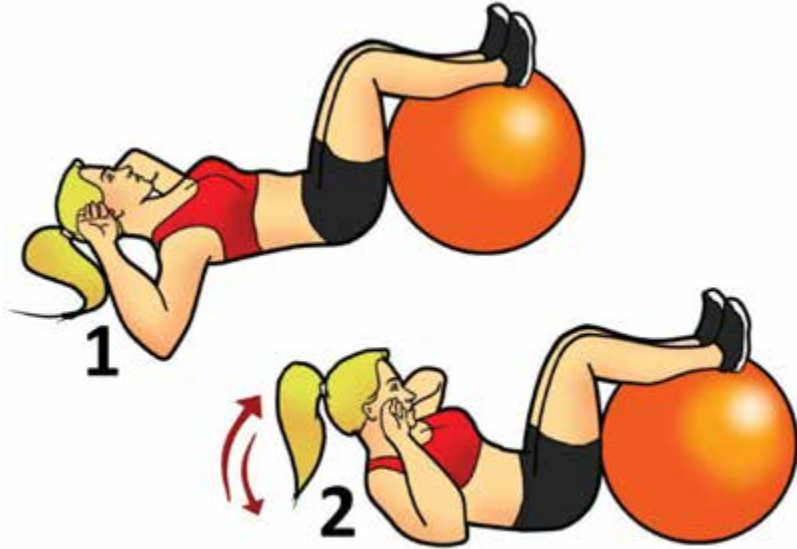
A9. Leg lift with ball



- **Starting position:** Lie on your back, place your lower leg on the ball, place your arms on the side of your body as a support and raise your hips so that your body forms a straight line.
- Extend one leg during the entire exercise.
- Then pull the “ball leg” toward your buttocks slowly and in a controlled manner and then back into the starting position.
- **Important:** Keep hip and abdominal tension throughout the entire exercise.
- **Tip:** The exercise becomes harder and more intense when your arms are placed onto your chest and no longer support your body.

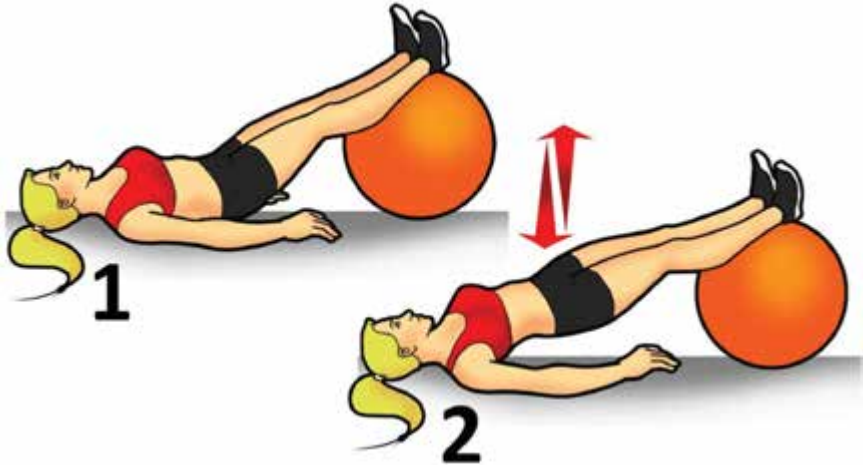
B. Exercises for your torso/core

B1. Crunches with ball



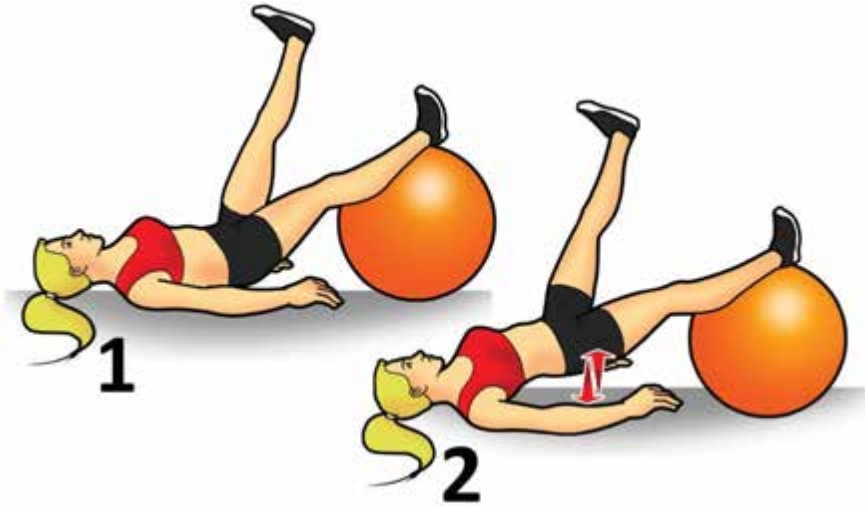
- **Starting position:** Lie on your back, place lower legs on the ball, knees are angled 90°.
- Your lower back is firmly pressed against the ground throughout the entire exercise. Do not arch your back!
- Now roll your shoulders/upper body forward and lower it again.

B2. Hip lift with ball



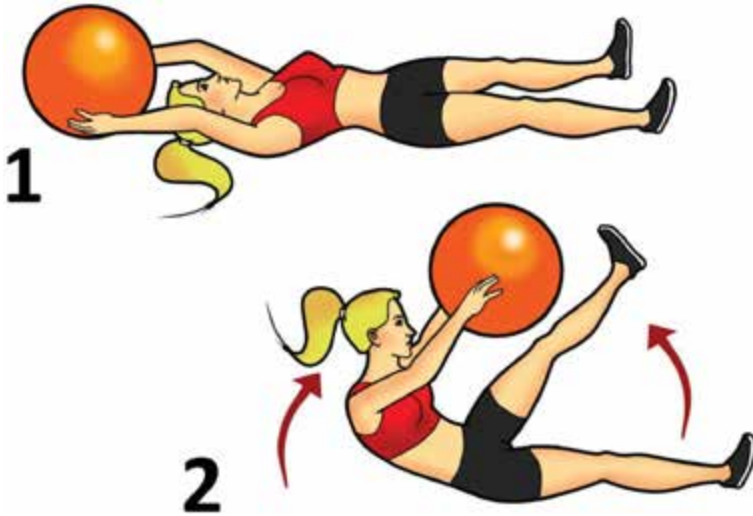
- **Starting position:** Lie on your back, place your lower legs onto the ball, legs are stretched, arms resting on the side of your body for support.
- Now lift your hips so that your body forms a straight line.
- **Important:** Keep hip and abdominal tension throughout the entire exercise.
- **Tip:** The exercise becomes harder and more intense when your arms are placed onto your chest and no longer support your body.

B3. Hip lift with one leg



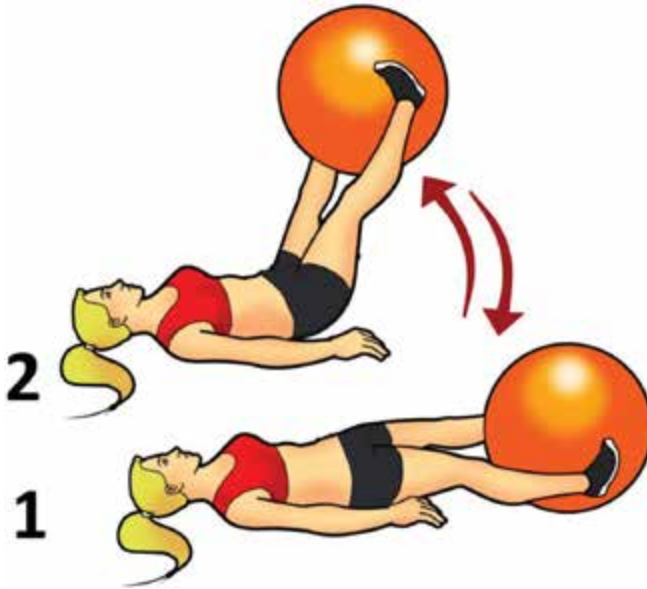
- **Starting position:** Lie on your back, place your lower leg on the ball and your arms on the side of your body for support.
- One leg is straight in the air during the entire exercise.
- Now lift your hips so that your body forms a straight line.
- **Important:** Keep hip and abdominal tension throughout the entire exercise.
- **Tip:** The exercise becomes harder and more intense when your arms are placed on your chest and no longer support your body.

B4. Jackknife with ball



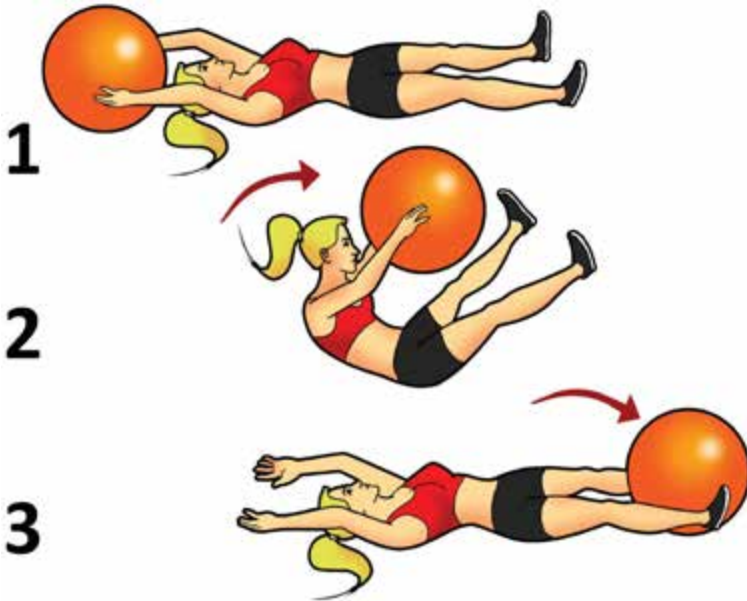
- **Starting position:** Lie on your back, hold the ball with your arms outstretched and do not put it down during the entire exercise.
- “Fold” your body: Lift your shoulder blades, roll up your upper body and bring the ball toward your legs.
- The left and right outstretched leg alternately approach the ball.
- **Important:** Your lower back is firmly pressed against the ground throughout the entire exercise. Do not arch your back!

B5. Leg lifts with ball



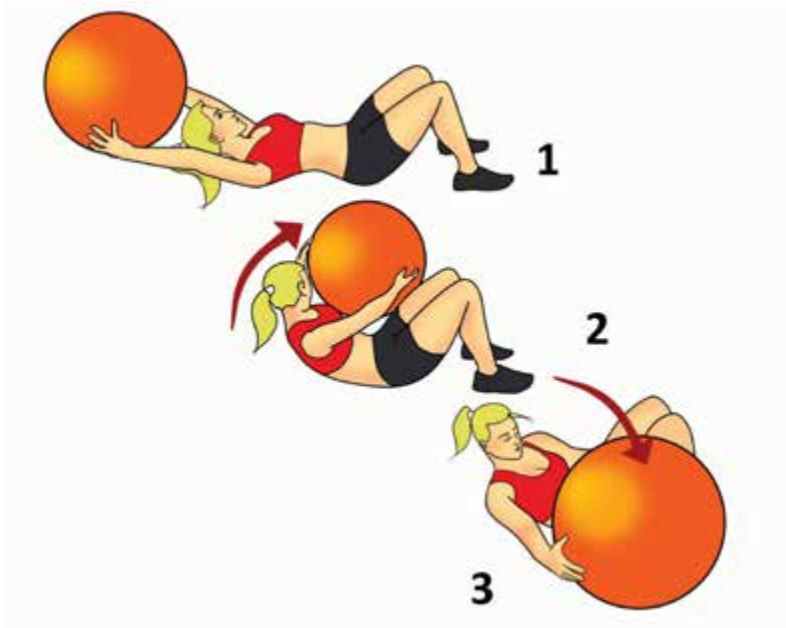
- **Starting position:** Stretched back position, clamp the ball between your legs, place your arms on the side of your body for support.
- Raise your outstretched legs until your feet are at hip height and a 90° angle is reached.
- **Important:** Your lower back is firmly pressed against the ground throughout the entire exercise. Do not arch your back!
- **Tip:** The exercise becomes harder and more intense when your arms are placed on your chest and no longer support your body.

B6. Jackknife with ball pass



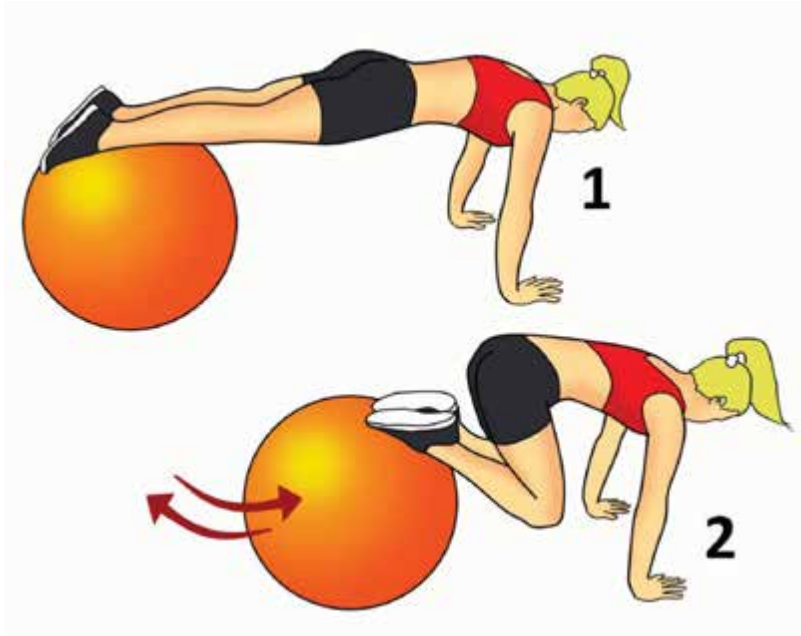
- **Starting position:** Stretched back, hold ball with arms outstretched.
- Do not put the ball down during the entire exercise and always keep it above the ground.
- Now join your arms and legs over your middle and “pass” the ball to your feet.
- Then lower yourself back into the starting position.
- **Important:** Your lower back is firmly pressed against the ground throughout the entire exercise, without arching your back.

B7. Offset crunch



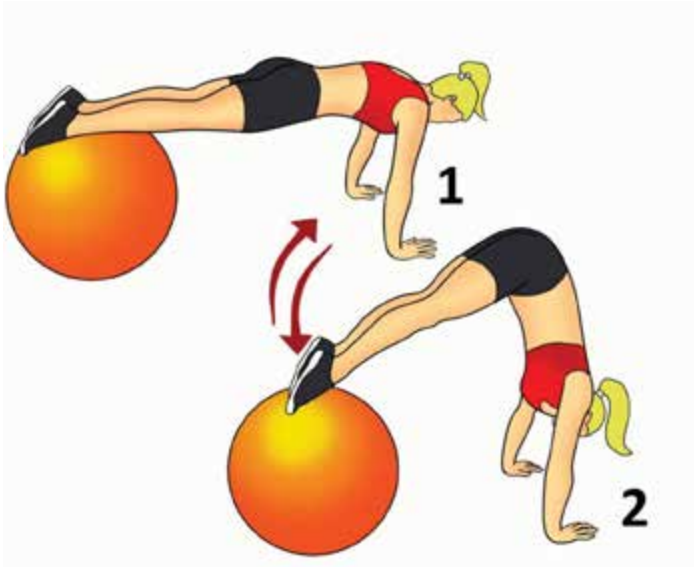
- **Starting position:** Stretched back position, hold the ball with outstretched arms and do not place it during the entire exercise. Legs are angled.
- Raise shoulders and do not lower them throughout the entire exercise.
- Now alternately touch the ball on the floor to the left and right of your upper body.
- Keep the ball in a straight line above your chest.
- **Important:** Your lower back is firmly pressed against the ground throughout the entire exercise Do not arch your back!

B8. Push-up crunches



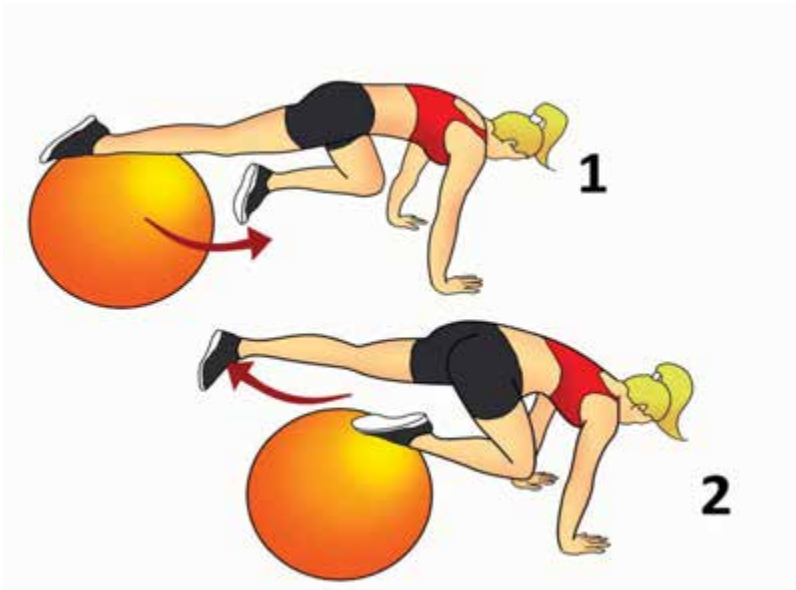
- **Starting position:** Push-up position with the back of the foot on the ball. Your body forms a straight line.
- Keep shoulders above your wrist throughout the entire exercise.
- Now pull your knees towards your elbows.
- Then return to the starting position slowly and in a controlled manner.
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury!).

B9. Push-up-Jackknife



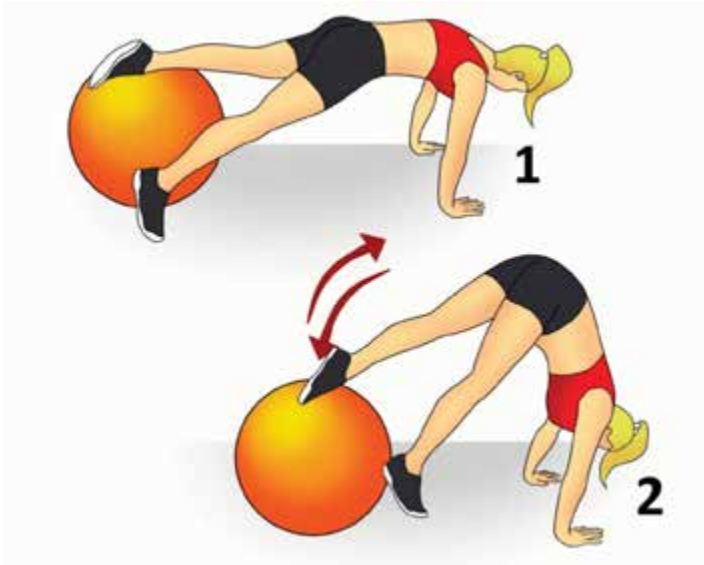
- **Starting position:** Push-up position with the back of the foot on top of the ball, your body forms a straight line.
- Position shoulders above wrist, maintain throughout the entire exercise.
- Stomach and buttocks are tense during the entire exercise.
- Now pull your hips to the ceiling with your legs stretched out, only the toes are on the ball.
- Hold briefly and then lower yourself into the starting position slowly and in a controlled manner.
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury!).

B10. Push- up crunches with one leg



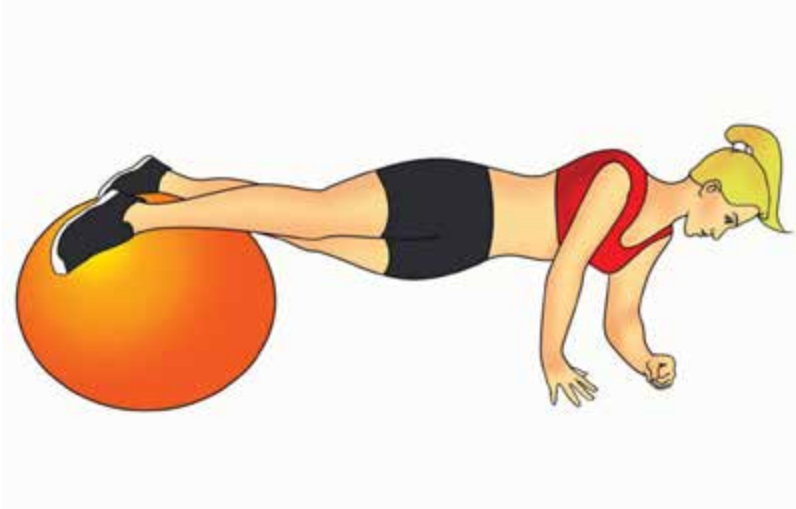
- **Starting position:** Push-up position with one foot on the ball, the other leg is angled, your body forms a straight line.
- Position shoulders above wrist and keep them throughout the entire exercise.
- Now alternately pull one leg towards your elbow while stretching the other leg onto the ball with the back of your foot.
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).

B11. Push-up-Jackknife with one leg



- **Starting position:** Push-up position with one foot on top of the ball, the other leg stretched out next to it, your body forms a straight line.
- Keep shoulders above wrist throughout the entire exercise.
- Stomach and buttocks are tense during the entire exercise.
- Now pull your hips towards the ceiling with your legs stretched out.
- Then lower yourself back to the starting position slowly and in a controlled manner.
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).

B12. Side support – Legs on the ball – Holding position



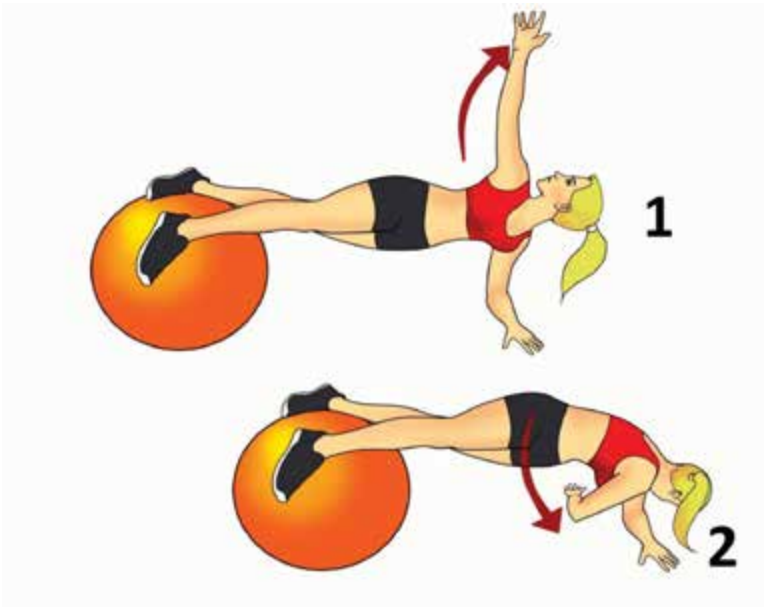
- **Starting position:** Place legs on the ball offset to the side.
- Press forearm firmly against the ground, position elbows below shoulder.
- Your shoulders form a line vertically to the ground throughout the entire exercise.
- First training goal: Hold for approx. 30 seconds.
- **Tip:** The longer you hold the position, the more strength is built.

B13. Side support – Arms on the ball – Holding position



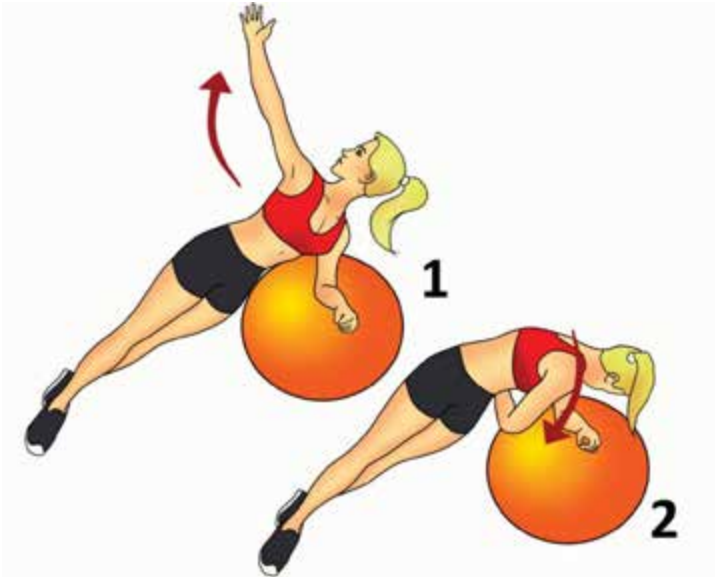
- **Starting position:** Place legs laterally offset onto the ground, upper foot is in front.
- Press forearm firmly against the ball, position elbows below shoulder.
- Your shoulders form a line vertically to the floor throughout the exercise.
- First training goal: Hold for approx. 30 seconds.
- **Tip:** The longer you hold the position, the more strength is built.

B14. Side support – Legs on the ball – Rotation



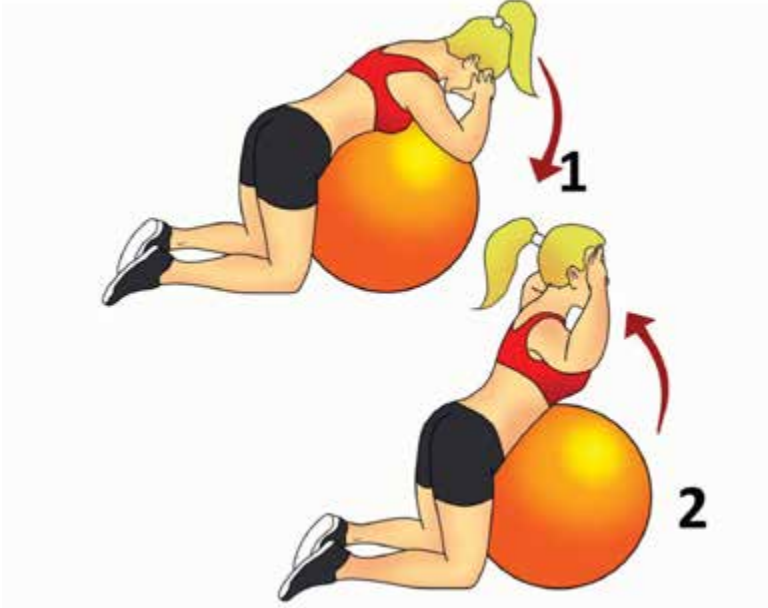
- **Starting position:** Place legs onto the ball offset to the side.
- Press forearm firmly against the ground, position elbows below shoulder.
- Extend upper arm into the air, arm and shoulders form a line vertically to the ground.
- Now pass your upper arm under your body, with your gaze following the arm in its path.
- Then move back into your starting position.
- **Important:** Perform the movements slowly and in a controlled manner.

B15. Side supporting holding – Arms on the ball - Rotation



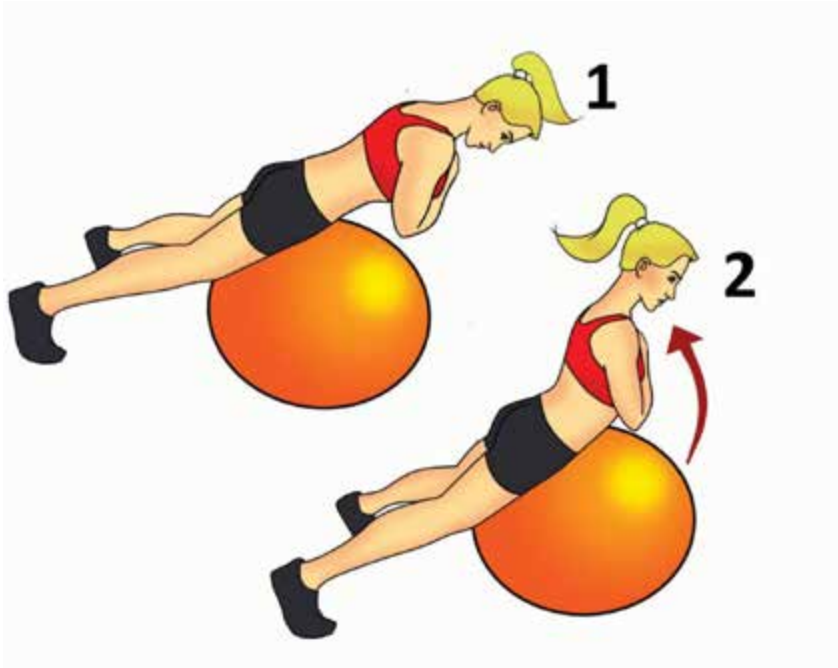
- **Starting position:** Place legs laterally offset onto the ground, your upper foot in front, press forearm firmly against the ball, position your elbows below your shoulder.
- Extend upper arm into the air, arm and shoulders form a line vertically to the ground.
- Now pass your upper arm under your body, with your gaze following the arm in its path.
- Then return to your starting position.
- **Important:** Perform the movements slowly and in a controlled manner.

B16. Back extension - simple



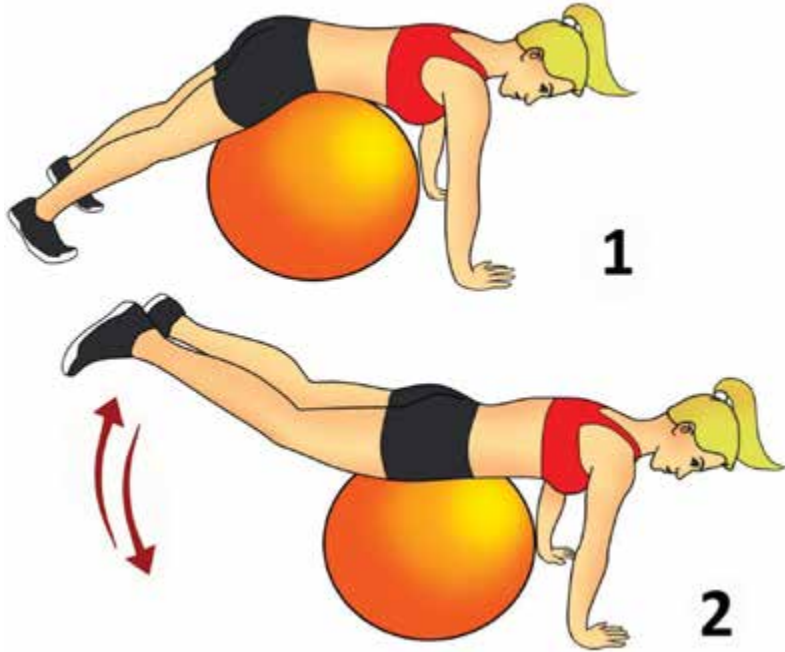
- **Starting position:** Kneel in front of the ball and lean over the ball with your upper body, hands against your temple, palms pointing outwards.
- Now remove your chest from the ball and straighten your upper body.
- Then return to your starting position.

B17. Back extension - advanced



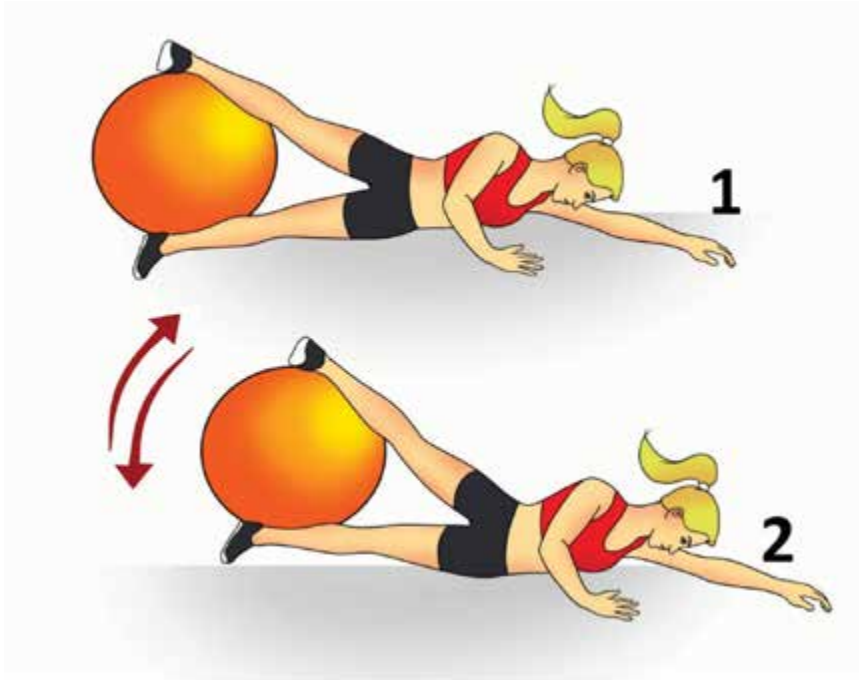
- **Starting position:** Place hips on the ball, stretch your legs and push them against a wall, your body forms a straight line.
- Now lift your upper body from your lower back.

B18. Back extension lying on the ball



- **Starting position:** Push-up position with hips on the ball, feet on the ground, arms below the shoulder during the entire exercise.
- Now pull your heels towards the ceiling with your legs outstretched.

B19. Lateral leg lift



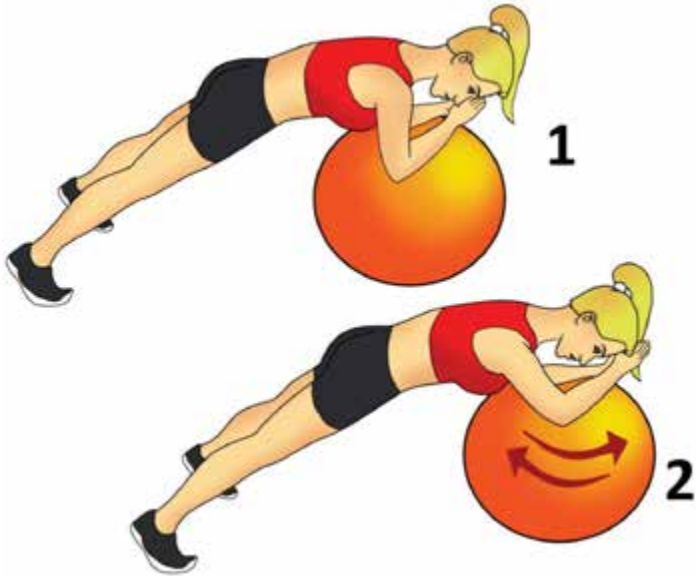
- **Starting position:** Your upper body rests stretched out sideways, the ball is clamped between your feet.
- Now lift your outstretched legs towards the ceiling.
- Return to the starting position in a controlled manner.

B20. Plank - holding



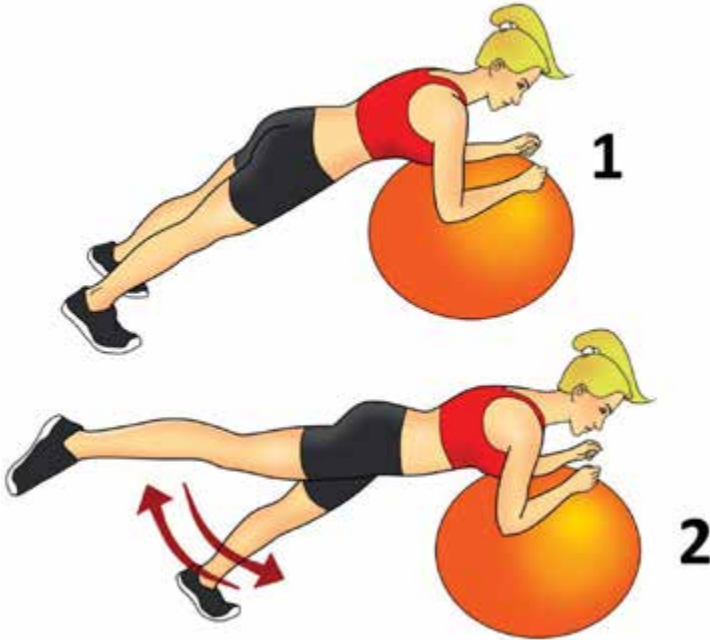
- **Starting position:** Plank position, legs as wide as your shoulders.
- Elbows are below your shoulder during the entire exercise.
- First training goal: Hold for approx. 30 seconds.
- Tip: The longer you hold the position, the more strength is built.
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).

B21. Plank - dynamic



- **Starting position:** Plank position, legs as wide as your shoulders.
- Position elbows below shoulders.
- Now slowly advance your forearms until the tension in the body can still be maintained, the body continues to form a straight line.
- Then pull back your forearms into the starting position below your shoulders.
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).

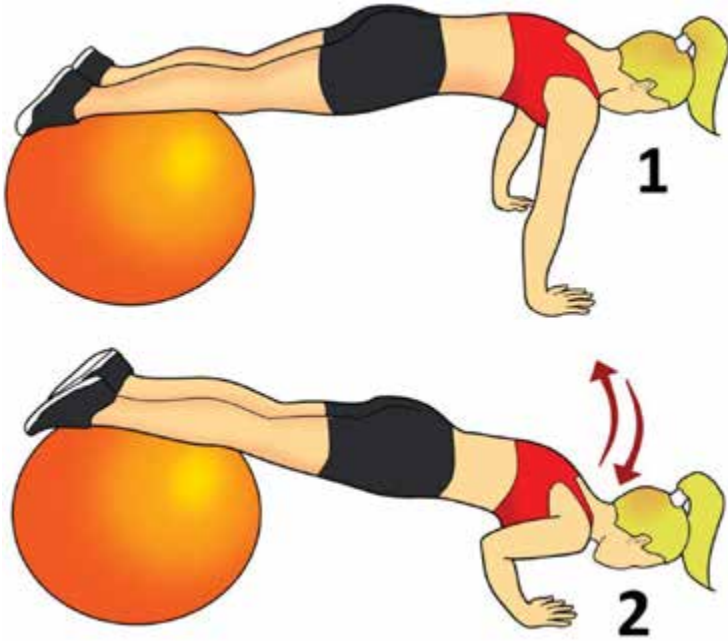
B22. Plank – one leg



- **Starting position:** Plank position, legs as wide as your shoulders.
- Elbows are below your shoulder during the entire exercise.
- Now alternately stretch one leg into the air and lower it again.
- **Important:** Move slowly and in a controlled manner, stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).

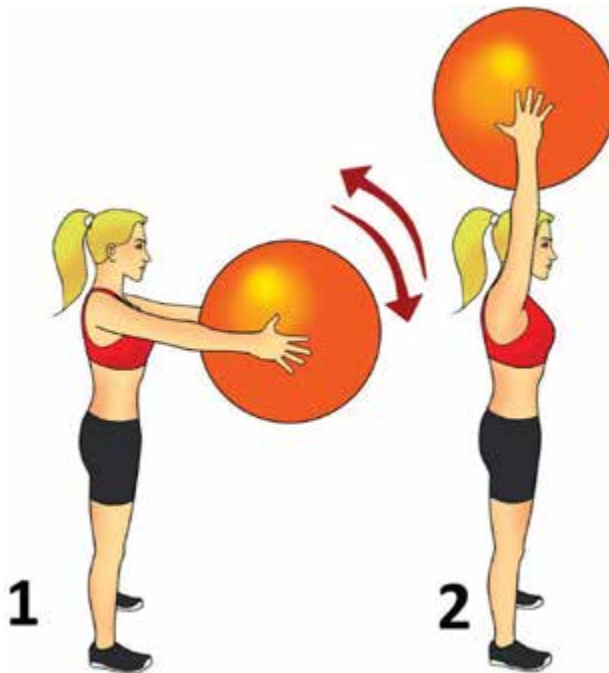
C. Upper body exercises

C1. Push-up with legs on ball



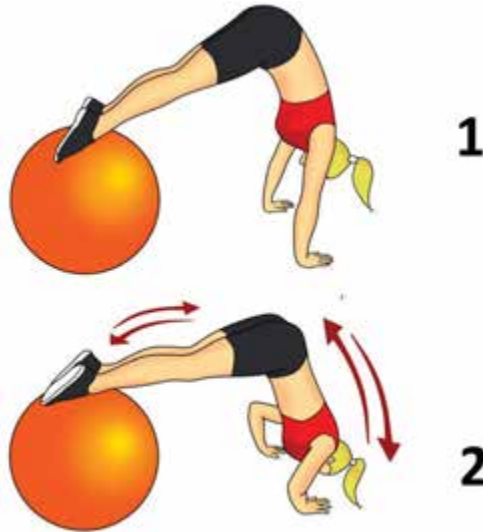
- **Starting position:** Push-up position with the back of the foot on the ball, the body forms a straight line.
- Position shoulders above wrist throughout the entire exercise.
- Now lower your upper body and then lift it into the starting position slowly and in a controlled manner.
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).

C2. Arm lifts with ball



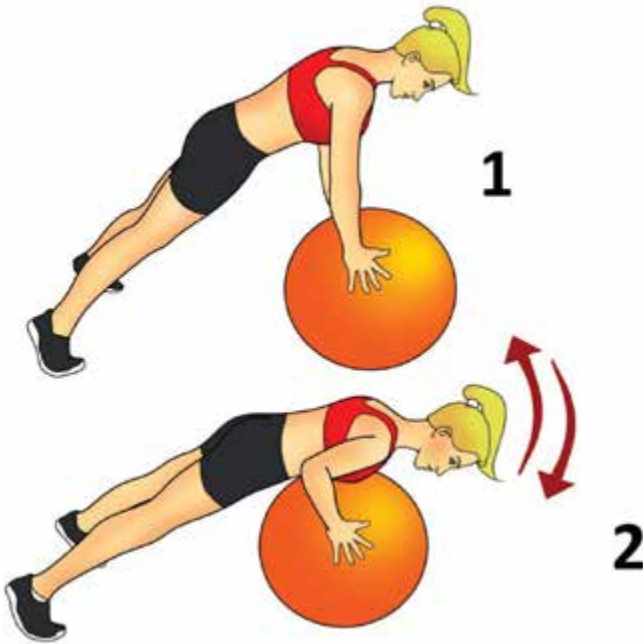
- **Starting position:** Firm, shoulder-wide stance, stomach firm and navel facing inwards.
- Arms outstretched at shoulder level.
- Now lift the ball over your head from the posterior shoulder.
- Then return to the starting position with your arms outstretched.
- **Tip:** During the exercise compress the ball, which simultaneously strengthens shoulders, chest and arms.

C3. Shoulder press



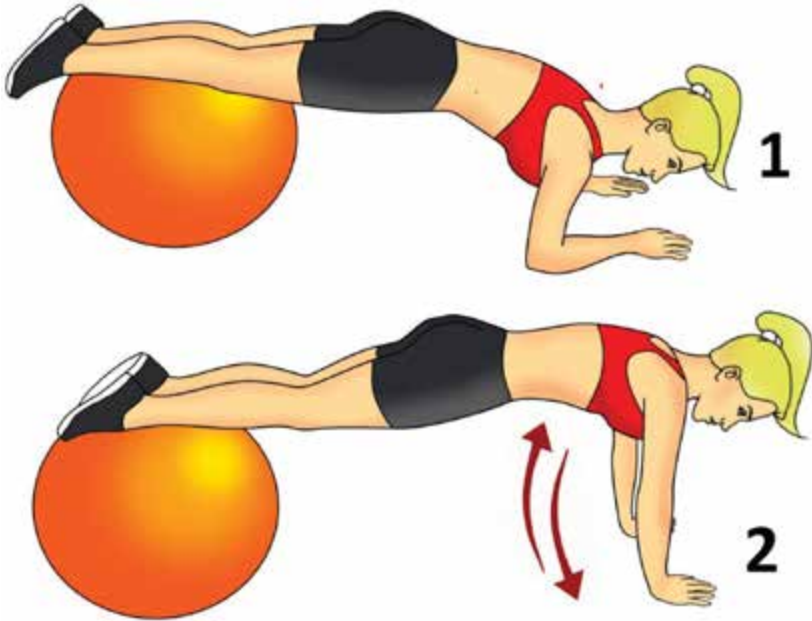
- **Starting position:** Starting position is the same as position 2 for the Jackknife (see exercise B.9). From the push-up position, pull your hips towards the ceiling with your legs outstretched, only the toes are on the ball.
- Keep shoulders above wrist throughout the entire exercise.
- Keep upper body straight and slowly lower your forehead towards the ground.
- Then push up from the shoulder back into the starting position.
- **Important:** Only perform this exercise if you can perform the Jackknife and have appropriate body tension (risk of injury!).

C4. Push-up – With hands on the ball



- **Starting position:** Push-up position with hands on the ball, the body forms a straight line.
- Position shoulders above wrist throughout the entire exercise.
- Now lower your upper body and then lift it back into the starting position slowly and in a controlled manner
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).

C5. Triceps press with ball



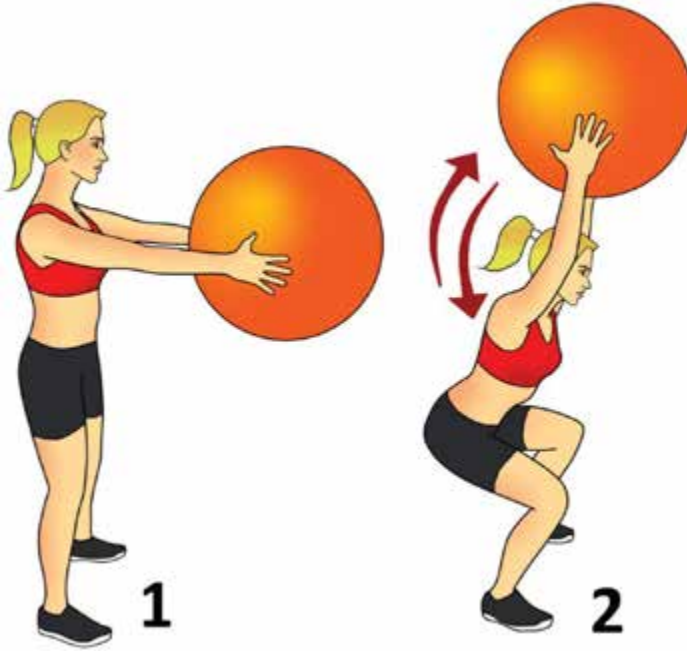
- **Starting position:** Place the back of your feet on the ball, plank position: Elbows are below the shoulder, palms of the hands rest flat on the ground, the body forms a straight line during the entire exercise.
- Now push yourself into the push-up position with your forearms.
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).

D. Combination exercises/Whole-body training

In the previous chapters, we have shown you some great exercises to effectively strengthen your muscles and stabilize your musculoskeletal system. Now we will show you how to combine these exercises and train your body more holistically. Correctly executed, you will exercise your muscles and cardiovascular system simultaneously in a single exercise.

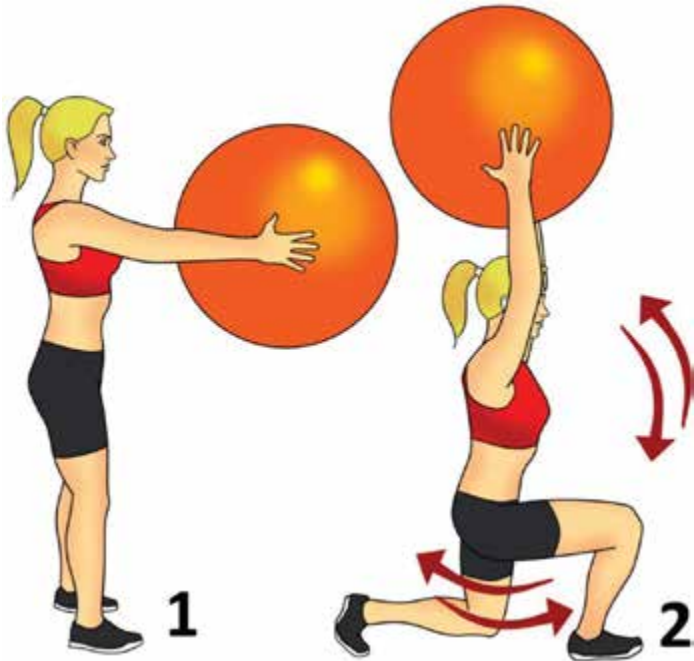
Advice from Claire Alix: "Please pay particular attention to consistent, flowing and dynamic movements!"

D1. Squats & Arm lift



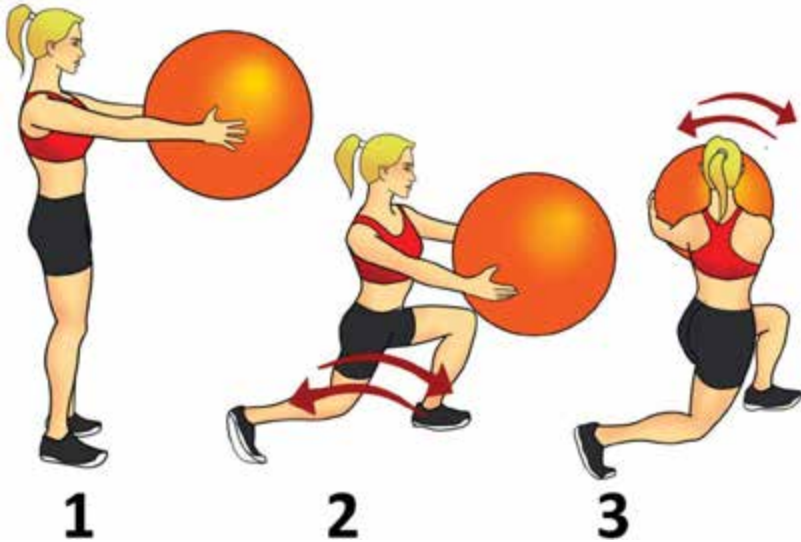
- **Starting position:** Firm, shoulder-wide stance, stomach firm and navel facing inward, arms stretched out at shoulder level.
- Now lower yourself into a squat and extend the ball toward the ceiling at the same time.
- **Important:** What is important when performing squats: Heel pressure on both feet, face hip back and down. Arms are always outstretched.

D2. Lunge & Arm lift



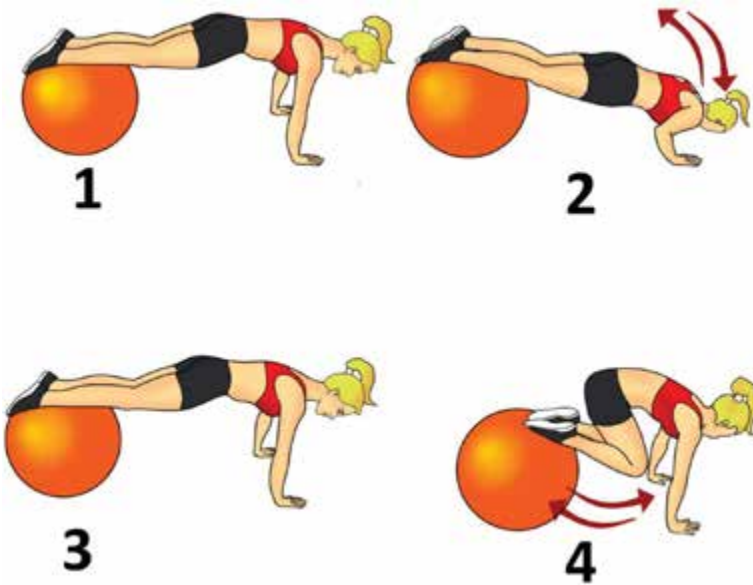
- **Starting position:** Firm, shoulder-wide stance, stomach firm and navel facing inward, arms stretched out at shoulder level.
- Now lower one leg in front of the other into the lunge and simultaneously raise both arms over your head with the ball.
- Then move back into your starting position.
- Switch legs before performing the next lunge.
- **Important:** What is important when performing lunges (A3.): Heel pressure on the front foot, lower upper body straight down, both knees a maximum of 90° angle. Arms are always outstretched.

D3. Lunge & Rotation



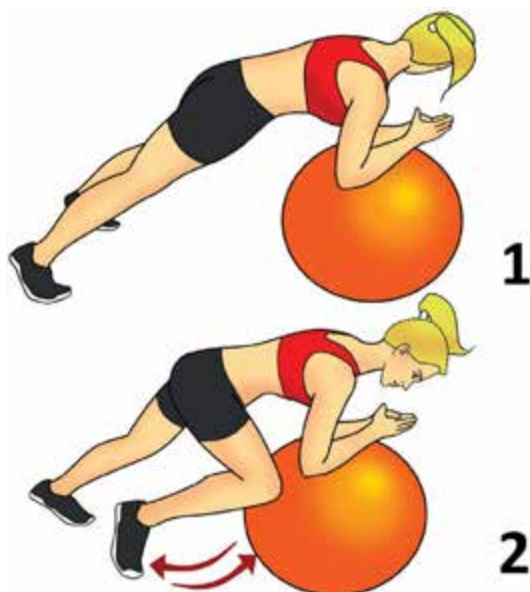
- **Starting position:** Firm, shoulder-wide stance, stomach firm and navel facing inward, arms stretched out at shoulder level.
- Now move one leg into a lunge in front and at the same time turn the upper part of your body towards your front leg.
- Then return to the starting position and repeat the exercise with your other leg in the other direction of rotation.
- **Tip:** The exercise becomes more (cardio) intensive with a jumping lunge.
- **Important:** What is important when performing lunges (A3.): Heel pressure on the front foot, lower upper body straight down, both knees a maximum of 90° angle. Arms are always outstretched.

D4. Push-up & Crunch



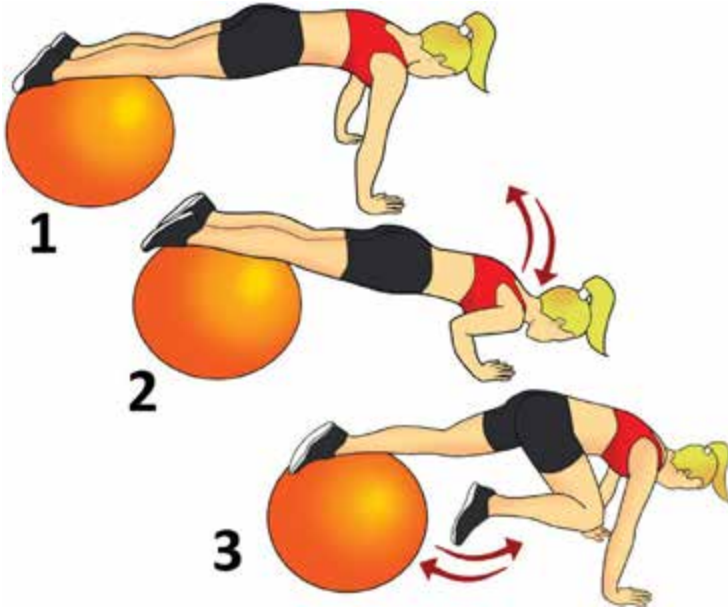
- **Starting position:** Push-up position with the back of the foot on the ball, the body forms a straight line.
- Position shoulders above wrist, maintain throughout the entire exercise.
- Now lower your upper body and push it back into the starting position.
- Now pull your knees towards your elbows and then move them back into the starting position slowly and in a controlled manner.
- **Important:** What is important when performing push-ups: Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).

D5. Plank with knee pulled in



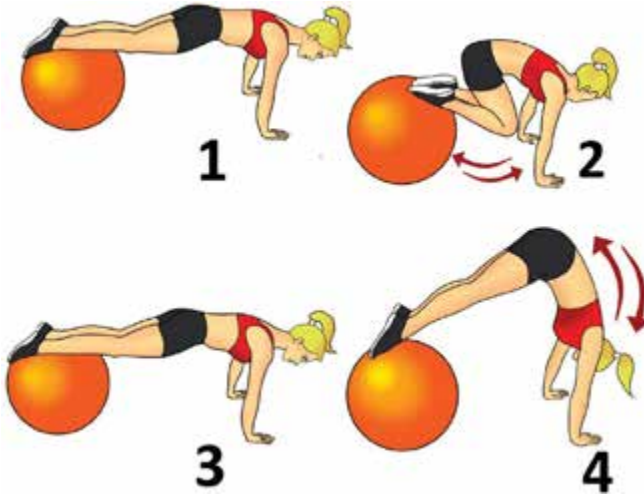
- **Starting position:** Plank position, legs as wide as your shoulders, elbows are below the shoulder throughout the entire exercise, the body forms a straight line.
- Now alternately pull your knees sideways towards your elbows.
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).
- **Tip:** The faster the speed, the better the cardio effect. But always pay attention to a stable dynamic and flowing movements during this exercise.

D6. Push-up with one leg crunch



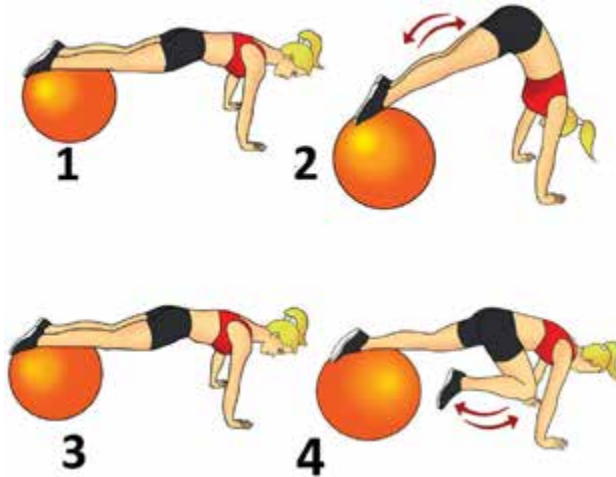
- **Starting position:** Push-up position with the back of the foot on the ball, the body forms a straight line.
- Position shoulders above wrist throughout the entire exercise.
- Now lower your upper body into a push-up.
- When pushing back up from the push-up directly pull a knee in the direction of your elbow, back onto the ball and back into the starting position in one flowing dynamic movement
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).

D7. Crunch & Jackknife



- **Starting position:** Push-up position with the back of the foot on the ball, the body forms a straight line.
- Position shoulders above wrist throughout the entire exercise.
- Now pull both knees into the direction of your elbow and then back into the starting position in a controlled manner.
- Then change directly into the Jackknife position in one flowing movement and return to the starting push-up position.
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).
- **Important:** Pay attention to flowing and controlled dynamic movements.

D8. Jackknife with one leg crunch



- **Starting position:** Push-up position with the back of the foot on the ball, the body forms a straight line.
- Position shoulders above wrist throughout the entire exercise.
- Now pull into the Jackknife position and back into the starting push-up position in a controlled motion.
- Directly into the next movement one knee towards your elbow (one-legged crunch) and then back into the starting push-up position.
- **Important:** Stomach and buttocks are tense during the entire exercise, no arched back or even “sagging” (risk of injury).
- **Important:** Pay attention to flowing and controlled dynamic movements.

