

- Reverse Hyperextensions
 - Lift legs instead of torso
- Crunches w/ Weight Overhead
 - Make sure you use abs to crunch up, and not just simply pull weight up with your arms
- Weighted Shoulder Roll
 - Create a bridge with upper back on ball, hold weight or dumbbell above head and let your shoulders roll almost off the ball as you move the weight to one side w/ arms straight, use core to pull body back to starting position
- Jackknives
 - Pushup position, tuck knees into chest
- Jackknives w/Twist
 - Pushup position, tuck knees first to the right, then to the left, repeat
- Pikes
 - Pushup position start, push butt in air, keep arms straight, pike position finish
- Weighted Twist
 - Sit on ball, and use dumbbell or cable when twisting torso, weight or hands are close to torso
- Medicine Ball:
 - Med Ball Throw w/Partner
 - Have partner throw a 4-10 lb. med ball overhead, catch, do a sit-up, and throw back
 - Med Ball Throw and Twist w/Partner
 - Have partner throw med ball overhead, catch and slowly twist up, throw back
 - Med Ball Twist
 - Get in a 45 degree sit-up, and move ball from side to side, keep ball close to body
 - Med Ball Overhead Throw
 - Catch and release as fast as you can, don't let ball fall back behind head
 - Med Ball Side Throw
 - Stand with side to wall, twist and throw ball into wall, catch and repeat as fast as you can keep ball close to body
 - Wood Choppers
 - Fully extend body and throw med ball into floor, like you would do if chopping wood
 - Can go front and side to side

These are just some examples. Mix it up and have fun! You may not have access to medicine balls or the exercise balls, that is okay-do what you can!