

Level Nine: Ab Wheel Roll Out

The ab-wheel rollout can also be performed on a stability ball. As the body is moving the intensity is increased on the core.



Target Muscles

Primary Muscles: rectus abdominus, bliqueus,

Secondary Muscles: erector spiane, latissimus dorsi, hip flexors

Teaching Points

- Start from a kneeling position, holding the wheel placed on the floor directly below the shoulders
- Keeping the core engaged, neutral spine (head in line with spine)
- Roll the wheel out as far as comfortable, keep core engaged, inhale as you go out
- Reach out as far as possible without arching your back
- Then roll wheel back to the start and exhale
- Keep the arms extended at all times

**Warning – this exercises can place considerable strain on the lower back, if you feel a pinch in the lower back you are not positioned correctly*

Look out for: lower back arcing, head not in line, hips pushed up, hips dropping down, bent arms,

