

Title:

Basic Crunches For Abs!

Word Count:

317

Summary:

Doing yoga on the ball can benefit anyone, including strong, limber athletes. Raise the bar on

Basic Crunches for Abs

With your feet flat on the floor, place your lower back on the ball, and your upper body and t

Keywords:

balance ball,body balance,balance,ball,gym,gym fitness,fitness,healthy,health,fit,ball game,gy

Article Body:

Doing yoga on the ball can benefit anyone, including strong, limber athletes. Raise the bar on

Basic Crunches for Abs

With your feet flat on the floor, place your lower back on the ball, and your upper body and t

In normal everyday activity and traditional exercise, larger muscles tend to do most of the wo

Caring For your Balance Ball

Before use, check the area for sharp objects that may puncture the ball. If possible, use a ca

Getting the Right Fitness Ball

Fitness balls come in different sizes. The basic rule for choosing the correct size is that wh

This is a simple, cheap way to get a little more use out of your exercise ball. The ability to

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>