

# 4 EXERCISES/ 4 MINUTES FOR A TIGHT LOWER BELLY

## *Part 3*

**MWR TRAINER TIP: PULL BELLY BUTTON INTO SPINE AS YOU PERFORM THESE EXERCISES. PERFORM EACH EXERCISE FOR ONE MINUTE, AS YOU BECOME STRONGER REPEAT SERIES AFTER ONE MINUTE OF REST.**



**STABILITY  
BALL ROLLOUTS**



**STABILITY  
BALL V PASS**



**COUNT 1-2-3 BACK**

**KNEELING  
LEAN BACKS**



**RUSSIAN  
TWIST**