

# Stability Ball Plank Video Demonstration Revealed for Advanced Ab Workouts

Logan Serpa February 13, 2013



Stability Ball Plank

**Advanced ab exercise the stability ball plank is a tremendous core exercise that can be done at home.**

(Newswire.net -- February 13, 2013) Atlanta, GA -- Whether it is through emails, TV commercials or adverts on the radio, there is constantly something about a new gadget that will help to tone the stomach and get rid of the flab. But Mike Whitfield, a bootcamp expert and bodyweight trainer from Atlanta, GA, disputes the claims. They don't work and

they can cause more injury and harm than the good that they could do. The solution? Whitfield has created the Bodyweight Torch program and the [Stability Ball Plank](#) is just one of the exercises. He's also released a video to show people just how it is completed to make the most of your exercise.

Whitfield states that the Stability Ball Plank is a great ab exercise and will improve a person's abs and core stability without having to do sit-ups and crunches all day long. Planks – and there are many different types of them – offer more benefit than the expensive gadgets you see on the TV on a daily basis.

The exercise requires no expensive equipment. All you need is a stability ball and these are available affordably from sports stores and local retailers. While the plank is good, using the stability ball will make it roughly 30% harder.

"I've suggested to my readers to first perform the regular plank exercise and master it before trying the advanced ab exercise," Whitfield stated when releasing the video. It is important to brace the abs the whole time during this workout. Thousands of clients have found that this is one of the greatest ways to work the abdominal muscles.

You can download the Bodyweight Torch program for free for a limited time only. It offers a four-week training program with many different plank exercises. Download it from <http://www.bodyweighttorch.com>.

About: Mike Whitfield is a boot camp workouts and bodyweight exercises expert. He recently released the free workout program BodyweightTorch to celebrate his 3 year anniversary of losing 105 pounds with bodyweight exercises. Recently he also released a bodyweight exercise video demonstrating the [jump squat](#).