


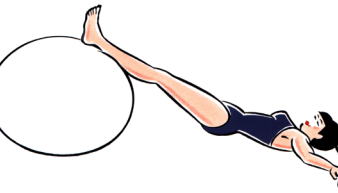


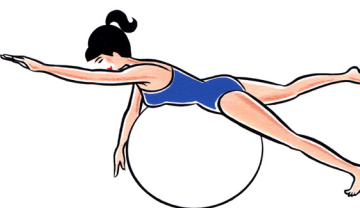
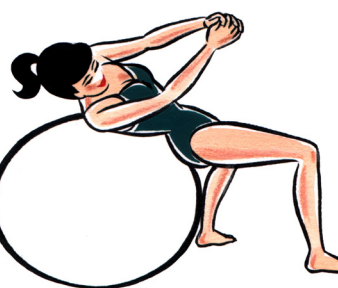
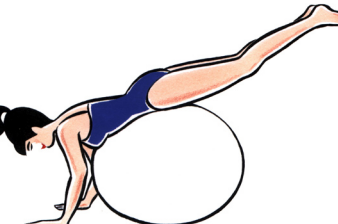
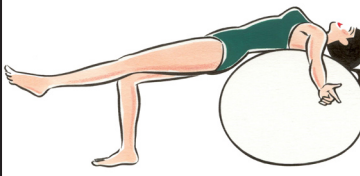

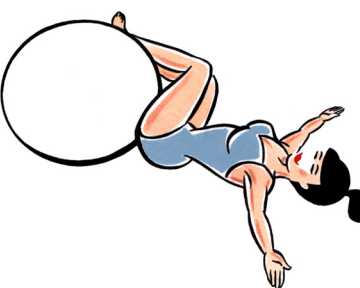


Swiss Ball Program

Swiss Ball Training is great for toning the muscles of the body while promoting balance.

Rest Between Sets: 0-30 sec, Sets: 1-2, Repetitions: 12-20, Frequency: 3 times a week

Exercise Program

<p>Ball Wall Squat</p>  <p>Ball in curve of spine. Split stance. Brace abdominals. Lower hips toward floor. Front knee over ankle. Back knee up.</p>	<p>Ball Hip Lift</p>  <p>Feet on top of ball. Brace abdominals. Squeeze bottom. Lift hips up. Hold 3 secs. Lower slowly. Straight line from ankle to shoulder.</p>	<p>Ball Wall Lunge</p>  <p>Ball in curve of spine. Feet forward of hips. Brace abdominals. Lower hips to floor. Bottom at knee level. Knees over heels.</p>	<p>Knee Ball Brace</p>  <p>Clench hands on ball. Tuck bottom under. Brace abdominals. Lengthen spine. Roll ball forward and hold. Torso straight.</p>	<p>Ball Alt Lifts</p>  <p>Torso draped over the ball. Weight centred. Brace abdominals. Raise opposite arm and leg off the floor. Keep torso and ball still.</p>
<p>Ball Side Twist</p>  <p>Ball under shoulders. Hands above chest. Brace abdominals. Lift hips. Twist to side so arms are parallel with floor.</p>	<p>Ball Leg Lift Lvl 1</p>  <p>Torso draped over ball. Weight slightly forward. Brace abdominals. Squeeze bottom. Lift legs off floor.</p>	<p>Ball Hip Press</p>  <p>Lay back. Head and shoulders on ball. Brace abdominals. Squeeze bottom. Press hips up and down slowly. Adv - 1 leg lifted off floor.</p>	<p>Ball Curl</p>  <p>Lay back over ball. Hands beside ears. Legs at 90. Hips lifted. Squeeze abdominals. Draw ribs to hips. Peel spine up. Lower slowly.</p>	<p>Ball Side Roll</p>  <p>Legs on top of ball. Brace abdominals. Roll ball from side to side. Navel to spine as legs return to centre. Keep shoulders on floor.</p>

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For Sample Purposes Only.

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