

SWISS BALL EXERCISES

Repeat all exercises 10 – 15 times



Ball Crunch:

- Lie on your lower back on the exercise ball and place your hands behind your ears.
- Roll your shoulder blades up and lower yourself back down after a short pause.
- To avoid straining your neck, look straight up instead of looking at your knees.



Ball Jackknife:

- Place your ankles on top of the exercise ball, legs extended, chest facing the floor. Extend your arms to lift you from the floor.
- Keeping your weight on your extended arms, roll the ball in by bending your knees and hips and extend your legs back after a short pause.
- Breathe out while rolling the ball in and breathe in while returning to starting position.



Ball Push Up:

- Lie prone with your hands on top of the exercise ball, legs and back fully extended.
- Push yourself up by extending your arms and slowly lower yourself back down after a short pause.
- Breathe out while pushing and breathe in while returning to starting position.

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Ball Squat – One Legged:

- Stand with one ankle on top of the exercise ball behind you and crouch down until your knee is at a 90 degree angle.
- Raise yourself up by extending your leg and slowly lower yourself back after a short pause. Alternate sides after each set.
 - Breathe out while raising yourself up and breathe in while returning to starting position.
 - Change legs and repeat.



Ball Reverse Curl:

- Lie on your back, feet on top of the exercise ball, legs and back straight.
- Roll the exercise ball towards you by bending your knees and allow it to slowly return back after a short pause.
 - Keep your back straight throughout.



Ball Hyperextension:

- Lie face down on a Swiss ball, hands behind your head, feet against a sturdy object
- Squeeze your buttocks and lift your torso up until your body forms a straight line. Hold for one or two seconds. Slowly return to start.