

Swiss Ball

Swiss Ball Core - Core Stability and Strength

Program Summary

Swiss Ball Core

Exercise	Sets	Rest	Reps	Intensity	Tempo/Duration
• Standing Swiss Ball Torso Twists					
• Zone 5 Swiss Ball Neck Rotations					
• Kneeling Forward Ball Roll					
• Kneeling Forward Ball Roll Alphabet					
• Scale Iso/Dynamic					
• Zone 3 Swiss Ball Crunch					
• Swiss Ball Crunch Arms Crossed					
• Swiss Ball Side Flexion Feet Anchored Arms Crossed					
• Swiss Ball Side Flexion Feet Free Arms Crossed					
• Swiss Ball Side Flexion Feet Free Arm At Side					
• Swiss Ball Side Flexion Feet Free Finger Tips To Temples					
• Lower Abdominal #2 Transverse Legs 180° on Swiss Ball with Arm Movement Version 2					
<i>Notes: Use hand under your back. Keep pressure on hand</i>					
• Dumbbell Horizontal Chop Seated On Swiss Ball					
