

Swiss Ball

Swiss Ball Core - Core Stability and Strength

Standing Swiss Ball Torso Twists



Instructions

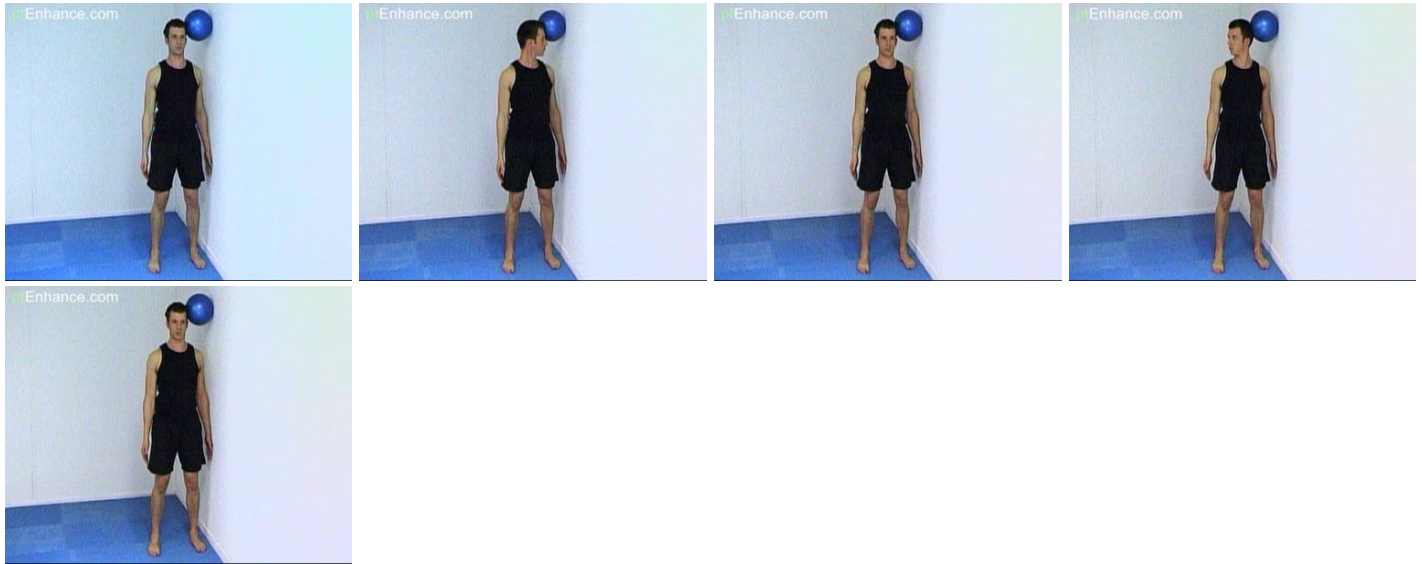
1. Standing in a comfortable stance holding a swiss ball out in front of you.
2. Rotate your torso as far as you comfortably can in one direction, then in the opposite direction.

Swiss Ball

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Zone 5 Swiss Ball Neck Rotations



Instructions

1. Stand next to a wall or post.
2. Place the side of your head behind the apex of the ball.
3. Using 50% effort turn your head into the ball as you inhale and back out as you exhale.

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Swiss Ball Core - Core Stability and Strength

Kneeling Forward Ball Roll



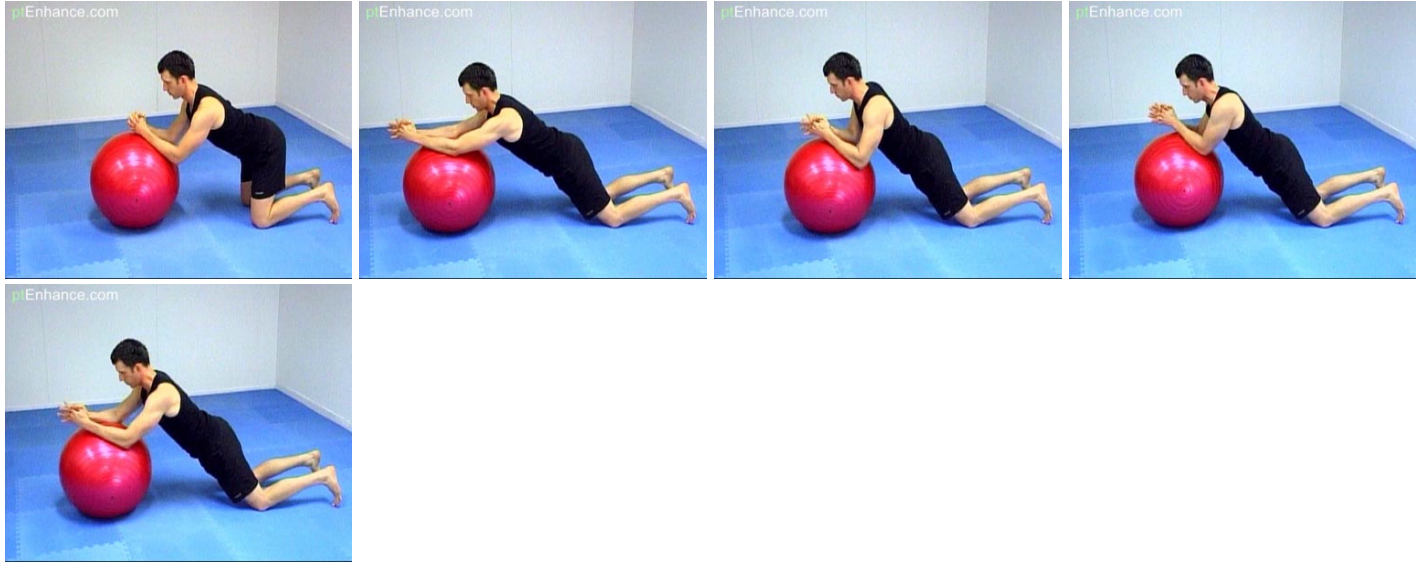
Instructions

1. Kneeling on the ground with your forearms placed on a swiss ball.
2. Draw your belly button inwards move forward straightening your hips and arms to the point you can maintain the natural arch in your low back. Do not let your back sag and move your arms and legs the same distance.
3. Slowly return and repeat.

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Kneeling Forward Ball Roll Alphabet



Instructions

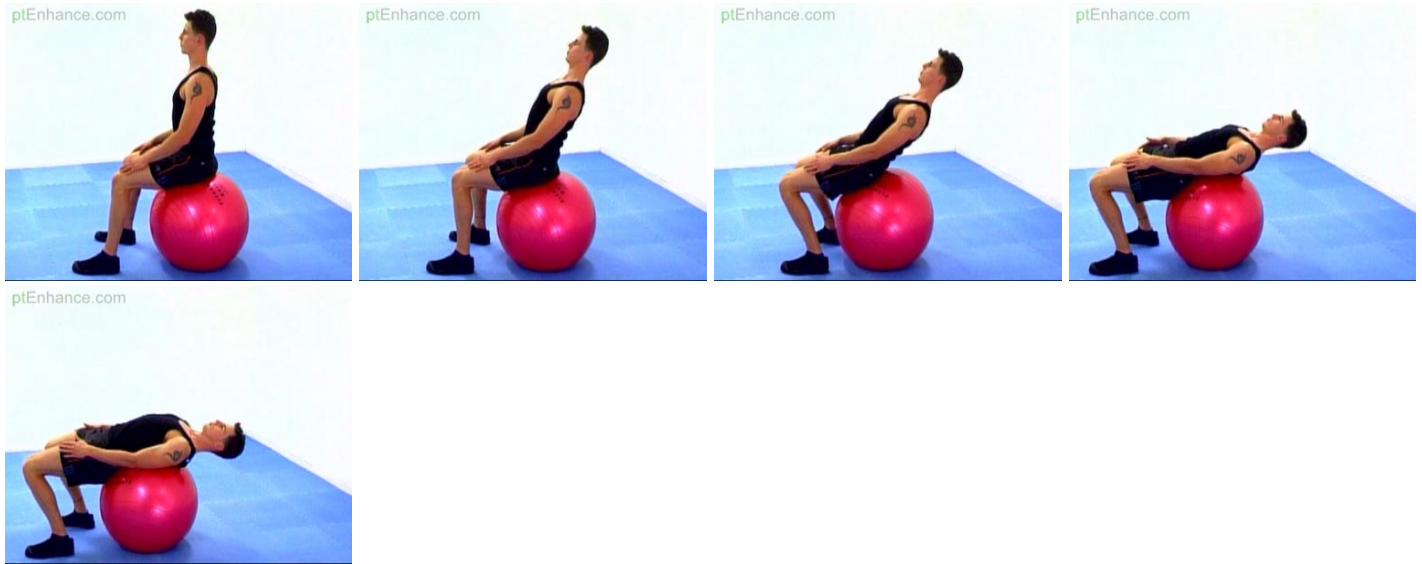
1. Kneeling on the ground with your forearms placed on a swiss ball.
2. Draw your belly button inwards move forward straightening your hips and arms to the point you can maintain the natural arch in your low back, imagining your have a big pencil in your hands, draw the alphabet maintaining good spinal alignment throughout.
3. Do not let your back sag.

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Scale Iso/Dynamic



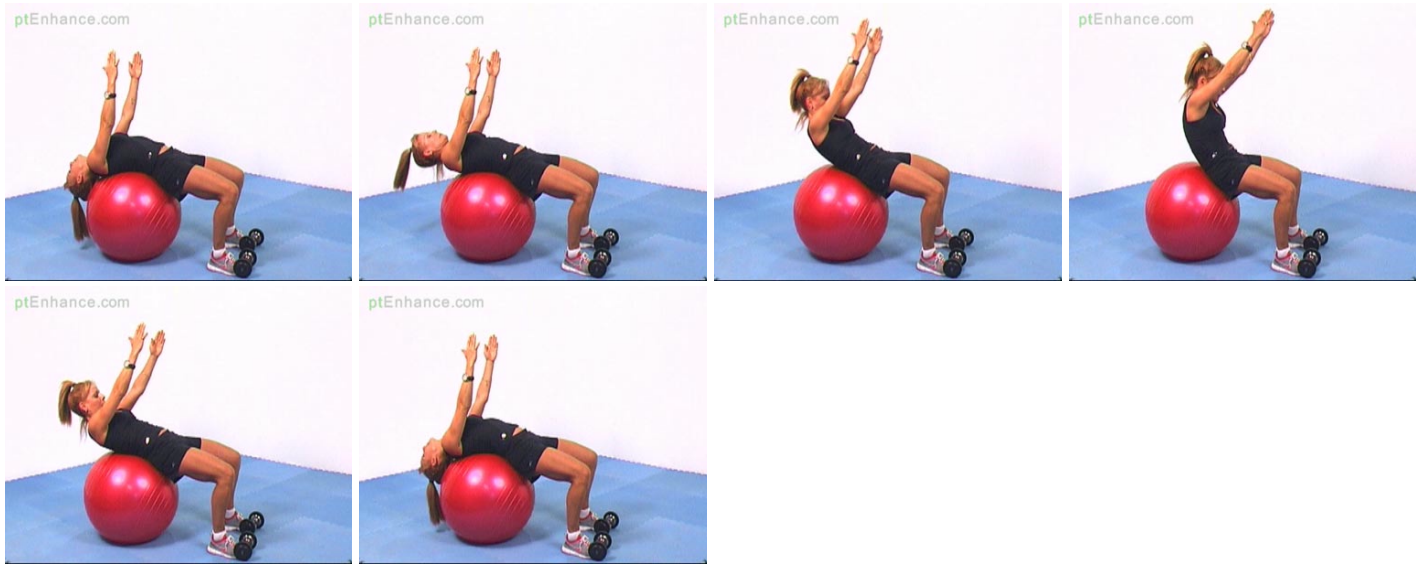
Instructions

1. Sitting on a swiss ball with perfect posture chest up and chin tucked.
2. Draw your belly button inwards, lean back keeping good alignment, as you lower walk your feet away from the ball until your upper body is parallel to the floor.
3. Return to the top position in the reverse of the way you got to the bottom.

Swiss Ball

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Zone 3 Swiss Ball Crunch



Instructions

1. Caution: If you get dizzy when looking overhead i.e. into cupboards overhead or at planes flying by, you may move a little forward on the ball to perform this exercise. Stop immediately if you feel dizzy. This indicates a decrease in blood supply to your brain and can be a sign of vertebral artery occlusion. Consult your medical professional or C.H.E.K practitioner.
2. Lying over a swiss ball so your back is comfortably supported, your head should be extended and touching the ball.
3. With your tongue on the roof of your mouth slowly roll, imagine rolling from your head to your spine.
4. Unwind slowly from the hips to your head one vertebrae at a time back to the start position.
5. Exhale on the way up, inhale on the way down.

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Swiss Ball Crunch Arms Crossed



Instructions

1. Lying over a swiss ball with your tailbone and head touching the ball arms crossed on your chest and your tongue on the roof of your mouth.
2. Draw your belly button inwards slowly crunch up, imagine rolling from your head to your spine like rolling up carpet.
3. Slowly unwind from the low back to your head and repeat.
4. Exhale on the way up and inhale on the way down.

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Swiss Ball Side Flexion Feet Anchored Arms Crossed



Instructions

1. Lying side on with your hip on a Swiss ball and your feet on the floor, leg anchored against a wall or support and your arms crossed touching your opposite shoulder.
2. Drawing your belly button inwards, side bend your trunk to bend over the ball then raise yourself up again to the start by taking your ear towards your shoulder, and shoulder towards your hip.
3. Pause then lower under control and repeat.
4. Perform on the opposite side.

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Swiss Ball Side Flexion Feet Free Arms Crossed



Instructions

1. Lying side on over a Swiss ball with your feet on the floor, and your arms crossed touching your opposite shoulder.
2. Drawing your belly button inwards, side bend your trunk taking your ear towards your shoulder, and shoulder towards your hip.
3. Pause then lower under control and repeat.
4. Perform on the opposite side.

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Swiss Ball Side Flexion Feet Free Arm At Side



Instructions

1. Lying side on over a Swiss ball with your feet on the floor, your top arm along your thigh and the other arm touching your opposite shoulder.
2. Drawing your belly button inwards, side bend your trunk taking your ear towards your shoulder, shoulder towards your hip and sliding your hand down your leg.
3. Pause then lower under control and repeat.
4. Perform on the opposite side.

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Swiss Ball Side Flexion Feet Free Finger Tips To Temples



Instructions

1. Lying side on over a Swiss ball with your feet on the floor, and your finger tips touching your temples.
2. Drawing your belly button inwards, side bend your trunk taking your ear towards your shoulder, and shoulder towards your hip.
3. Pause then lower under control and repeat.
4. Perform on the opposite side.

Swiss Ball

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Lower Abdominal #2 Transverse Legs 180° on Swiss Ball with Arm Movement Version 2



Notes: Use hand under your back. Keep pressure on hand

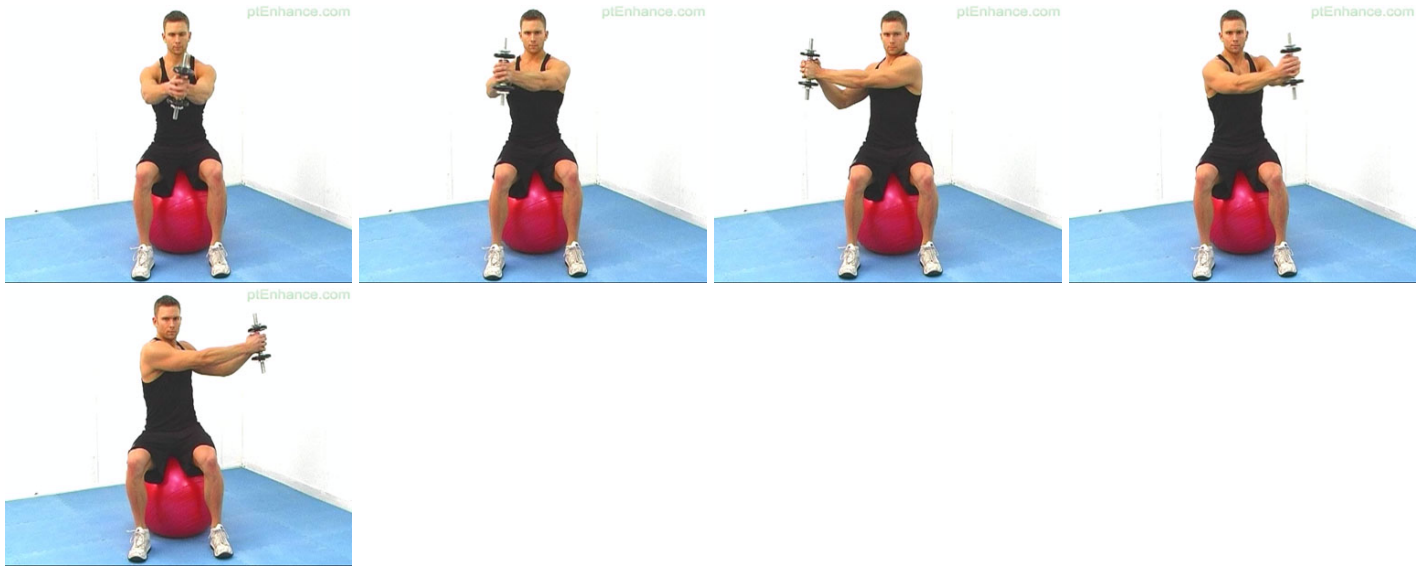
Instructions

1. Lying on your back with a blood pressure cuff or your hand placed underneath your low back at belly button level.
2. With your knees straightened to 180° and resting on a swiss ball. Pump the cuff up to 40mm/hg draw your belly button inwards and slightly rotate your pelvis backwards which will flatten your low back into the cuff, rotate your pelvis to the point where the pressure in the cuff raises to 70mm/hg. If you do not have a cuff rotate your pelvis until you feel a light pressure on your hand.
3. Simultaneously lower the leg out to the side while raising your opposite arm above your head on a 45° angle maintaining the pressure on the cuff. The pressure on the cuff should not vary greater than +/- 5mm/hg throughout the exercises.
4. At the top change legs moving to the other side however still use the same arm for the arm movement.

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Dumbbell Horizontal Chop Seated On Swiss Ball



Instructions

1. Seated on a Swiss Ball with good posture holding a dumbbell in two hands in front of your chest.
2. Drawing your belly button inwards, twist your trunk to either side.
3. Repeat the twisting movement maintaining good upright posture and keeping the dumbbell in front of your chest.