

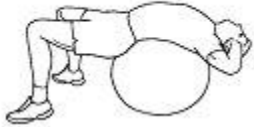
Swiss Ball Exercises

(Please ensure when doing any Swiss Ball exercises that you have sufficient room and that you take your time to perform them correctly)



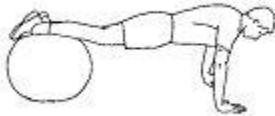
Diagonal Lift

Lie face down, abdomen on the ball. Lift one arm and opposite leg till they extend your body. Then lift opposite arm and leg.



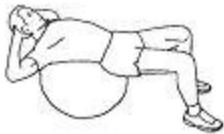
Abdominal sit up

Lie on your back on the ball and roll backward as far as possible without losing your balance or footing. Keep your legs wide apart. Lift your head and upper body, leaving only your lower back in contact with the ball. Slowly lower back to initial position and repeat.



Press up

Lie on your stomach and walk forward on your hands, leaving just your feet on the ball, stand on stretched arms, body fixed. Lower your body to the floor and push back up without bending your hips. Once you have finished, slowly move back using your hands to the starting position.



Diagonal sit up

Lie on your back on the ball, hands behind your head. Lift and rotate your upper body towards one knee while lifting your knee towards your elbow. At final position only your lower back touches the ball. Ensure a smooth movement. Repeat to the other side.



Squat

Stand with the ball as back support. Your feet are put shoulder-width apart, pointing straight ahead. Bend your knees about 90 degrees (like you are sitting down in a chair) and push back up. Keep your back straight and an inclined during the entire exercise.



Abdominal Crunch

Lie on your back, your arms crossed over your chest or by the side of your body (not under your back). Squeeze the ball between your legs and lift it till your legs point stretched towards the ceiling. Lift your upper body till only your lower back touches the mat. Slowly lower back and repeat.

N.B. Continue to balance on the ball when watching the television or on the computer. Once you have mastered sitting, you can then progress to kneeling on the ball. Don't forget to time yourselves!!!!

Caroline.