
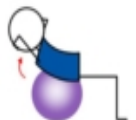
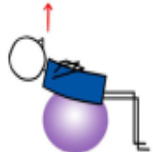

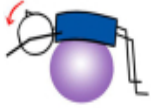


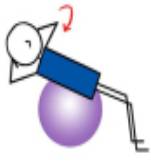
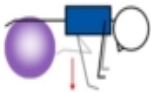
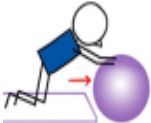
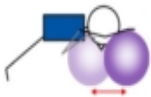
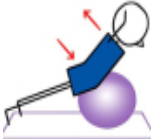
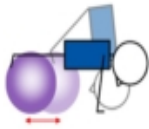




## Swiss Ball Core Stability: 15 Minute Challenge

Time	Image	Pose	Description
		Swiss Ball Core Stability: 15 Minute Cha	Sit up straight on a Swiss Ball. Feet parallel and hip-width apart. Hands on knees. Back straight. Breath in deeply and arch back slightly. Exhale forcefully, pulling abs in tight. With one fluid motion, reverse lower back curve by tucking hips under torso and rolling ball forward as you do. Hold. Release. Repeat. <b>Benefits:</b> Strengthens ab muscles. <b>Video:</b> <a href="https://www.youtube.com/embed/gK7bUqbsN8Q">https://www.youtube.com/embed/gK7bUqbsN8Q</a>
		Crunches I Swiss Ball	Place ball on middle of back. Drop hips. Hands behind ears. Legs hip width apart. Slowly crunch up with chest and roll forward while lifting hips as high as possible. Lower to start. Repeat. <b>Benefits:</b> Full range of motion through abs. <b>Video:</b> <a href="https://www.youtube.com/embed/gwwNST1hwgl">https://www.youtube.com/embed/gwwNST1hwgl</a>
		Curl Up Swiss Ball	Position lower back on a Swiss ball. Place hands across chest. Plant feet on floor. Bend knees at 90 degrees. Hold for several seconds. Return to start and hold for 2 seconds. Repeat. <b>Alternatives:</b> Use a wobble-board. <b>Benefits:</b> Strengthens ab muscles. <b>Video:</b> <a href="https://www.youtube.com/embed/Fxzss_ycESg">https://www.youtube.com/embed/Fxzss_ycESg</a>
		Crunches II Swiss Ball	Place ball on lower back. Wrap back over ball. Stretch chest behind ball. Crunch up as high as possible without raising hips. Return to start. <b>Benefits:</b> Full range of motion through abs. <b>Video:</b> <a href="https://www.youtube.com/embed/gwwNST1hwgl">https://www.youtube.com/embed/gwwNST1hwgl</a>

Time	Image	Pose	Description
		Back Stretch Swiss Ball	Position back on Swiss Ball with legs and arms extended. Take a deep breath and feel the stretch move into your rib cage, chest and shoulders. Hold for 30 seconds. Release by rolling forward. <b>Benefits:</b> Deep backbend. Stretches core muscles. <b>Video:</b> <a href="https://www.youtube.com/embed/vuqSP6Tleyo">https://www.youtube.com/embed/vuqSP6Tleyo</a>
		Side Crunch Swiss Ball	Rest left hip and side on Swiss Ball. Press feet against wall with right leg in front of left. Bend arms at elbows, with hands touching sides of head. Slowly raise torso up to right side, keeping ball still as possible by using the wall as support. Hold for 3 seconds. Return to start. Repeat several times. Switch sides. <b>Benefits:</b> Strengthens ab muscles. Improves balance. <b>Video:</b> <a href="https://www.youtube.com/embed/9IS1-o4oXMA">https://www.youtube.com/embed/9IS1-o4oXMA</a>
		Side Crunch Twist Swiss Ball	Rest left hip and pelvis on Swiss ball with chest facing ground with arms bent at elbows. Hands touching sides of head. Press feet against wall with right leg in front of left. Slowly lift torso while rotating trunk to right, so chest faces the wall. Hold. Return to start. Repeat. Switch sides. <b>Benefits:</b> Strengthens ab muscles. Improves balance. <b>Video:</b> <a href="https://www.youtube.com/embed/9IS1-o4oXMA">https://www.youtube.com/embed/9IS1-o4oXMA</a>
		Supine Twist Swiss Ball	Lie on Swiss Ball with lower back supported. Feet flat on floor. Knees at right angles. Hands touching sides of head. Crunch up. About half way, twist torso to right and pause. Return to start and twist torso to left and pause. <b>Benefits:</b> Strengthens ab muscles. Improves balance. <b>Video:</b> <a href="https://www.youtube.com/embed/DGDQK4XA6x8">https://www.youtube.com/embed/DGDQK4XA6x8</a>

Time	Image	Pose	Description
		Plank Kick Swiss Ball	<p>Start in pushup position with ball under feet. Tuck one knee underneath towards chest. Kick in the opposite side while rotating hip. Keep shoulders parallel to ground. Draw leg back to start position. Repeat on opposite side.</p> <p><b>Benefits:</b> Stretches hamstrings.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/gwwNST1hwgl">https://www.youtube.com/embed/gwwNST1hwgl</a></p>
		Roll Out Swiss Ball	<p>Kneel. Rest hands and lower arms on top of Swiss ball. Keep back flat. Roll ball forwards by extending arms and follow it with upper body as far as you can without arching your back. Use abs to pull ball back to start position.</p> <p><b>Alternatives:</b> Use barbells instead of Swiss ball.</p> <p><b>Benefits:</b> Strengthens ab and shoulder muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/QbZs_zjTbRw">https://www.youtube.com/embed/QbZs_zjTbRw</a></p>
		Plank Rollout Swiss Ball	<p>Start in plank with arms under shoulders, hands at neck level, elbows tucked back at the ribcage. Keep all weight on toes and forearms. Roll ball forward by extending arms while keeping back straight. Use abs to return to start position.</p> <p><b>Benefits:</b> Strengthens abs, arms, shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/gwwNST1hwgl">https://www.youtube.com/embed/gwwNST1hwgl</a></p>
		Back Extension Swiss Ball	<p>Position torso on Swiss Ball with legs extended. Dig toes into mat (or trap feet against a wall). Rest fingertips lightly on back of head. Lengthen spine. Breathe in. Exhale as you squeeze buttocks and lift torso to 45 degrees. Press hips into ball. Pause at top and breathe in. Exhale as you slowly return to start.</p> <p><b>Benefits:</b> Core strength.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/IWRM3eC2GT0">https://www.youtube.com/embed/IWRM3eC2GT0</a></p>

Time	Image	Pose	Description
		Pike Swiss Ball	<p>Start in plank. Bring feet on top of ball. Use abdominal muscles and hip flexors to pull up. Move slowly in a controlled motion. Maintain balance. Return to start.</p> <p><b>Benefits:</b> Stretches hamstrings.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/gwwNST1hwgl">https://www.youtube.com/embed/gwwNST1hwgl</a></p>
		Bridge Swiss Ball	<p>Position back on Swiss Ball with legs and arms extended. Take a deep breath and feel the stretch move into your rib cage, chest and shoulders. Hold for 30 seconds. Release by rolling forward.</p> <p><b>Benefits:</b> Deep backbend. Stretches core muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/eGhSELAIOJE">https://www.youtube.com/embed/eGhSELAIOJE</a></p>
		Jack Knife Crunches Swiss Ball	<p>Lie on floor, legs extended, arms behind head. Squeeze ball between ankles. Crunch up, transfer ball to hands without bending legs. Bring ball behind head. Crunch up, raise legs without bending, transfer ball between ankles. Return to start.</p> <p><b>Benefits:</b> Full range of motion through abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/gwwNST1hwgl">https://www.youtube.com/embed/gwwNST1hwgl</a></p>

## **Lesson Plan Description:**

### **Core Stability**

There's a reason why the Swiss ball is also called a Gym ball, Pilates ball or Yoga ball. Maintaining core strength is extremely important, as these are the muscles in your body that stabilise and support all your movements.

#### **The three muscle groups in your midsection are:**

- Deep abdominal muscles (Transverse Abdominus)
- Back muscles that support the lumbar spine (Tultifidus)
- Lower back muscles that maintain spinal & pelvic balance (Quadratus Lumborum)

Training with an exercise ball, whether during Pilates, Yoga or simple stretching exercises, is an excellent way to work this group of hard-to-reach, deep muscles.