
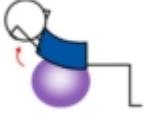
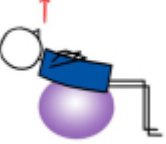

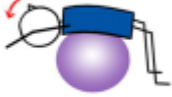
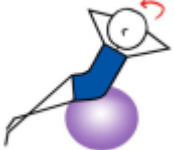

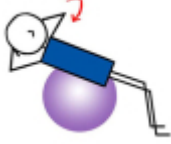
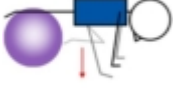
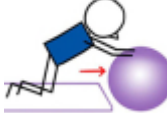
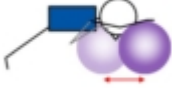
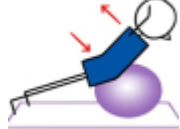
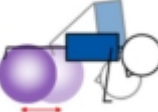




Swiss Ball Core Stability: 15 Minute Challenge

 <p>Swiss Ball Core Stability: 15 Minute Cha</p>	 <p>Crunches I Swiss Ball</p>	 <p>Curl Up Swiss Ball</p>	 <p>Crunches II Swiss Ball</p>	 <p>Back Stretch Swiss Ball</p>	 <p>Side Crunch Swiss Ball</p>
 <p>Side Crunch Twist Swiss Ball</p>	 <p>Supine Twist Swiss Ball</p>	 <p>Plank Kick Swiss Ball</p>	 <p>Roll Out Swiss Ball</p>	 <p>Plank Rollout Swiss Ball</p>	 <p>Back Extension Swiss Ball</p>
 <p>Pike Swiss Ball</p>	 <p>Bridge Swiss Ball</p>	 <p>Jack Knife Crunches Swiss Ball</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.