

Swiss Ball Core Exercises

Created by MACC-West End Physical Therapy Apr 12th, 2020

EXERCISE BALL - MARCHING



While seated on an exercise ball, engage your lower abdominal muscles by gently pulling your bellybutton towards your spine.

With all core exercises, these muscles should stay engaged throughout the movement phases of each exercise.

Now, slowly raise a foot up off the floor. Return and then lift the opposite side.

Try to move your legs only. If this becomes easy, you may begin to raise your opposite arm when lifting each leg. Move slowly and keep your core engaged.

Repeat 10 Times

Complete 3 Sets

Perform 1 Times a Day

EXERCISE BALL - FLOOR BRIDGE

While lying on the floor, place an exercise ball under your lower legs.



Tighten your core, squeeze your buttocks, and then raise your pelvis off the floor. □ □ □

Hold and then return to starting position and repeat.

If this exercise starts to become easy: Bridge up and then curl the ball towards you before straightening your knees back out and returning down to the starting position.

Repeat 10 Times

Complete 3 Sets

Hold 5 Seconds

Perform 1 Times a Day



PRONE BALL - ALTERNATE ARM AND LEG

While lying face down over a ball, support yourself with your feet and hands. Keep your lower abdominal muscles engaged. Next, slowly raise one arm and opposite leg.

Return arm and leg back to floor and then raise the opposite arm/leg.

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 1 Times a Day



EXERCISE BALL - WALL SQUATS

Start by standing up and leaning your low back up against an exercise ball on a wall. Your feet should be about shoulder width apart.

Next, slowly bend your knees and lower your buttocks towards the floor.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 1 Times a Day



EXERCISE BALL - SUPERMAN

Lie face down over a ball. Engage your lower abdominals, straighten your knees, and raise your arms in order to create a straight trunk in line with your arms and legs. □

Hold this position and then relax.

Repeat 10 Times
Complete 3 Sets

Hold 10 Seconds
Perform 1 Times a Day



EXERCISE BALL - PRONE ROLL OUT

Kneel with an exercise ball in front of you. You should be flexed at the hips and your elbows propped on the ball.

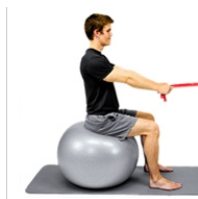
Next, tighten your lower abdominals, slowly lean forward and allow the ball to roll forward up your arms while maintaining a tight and neutral spine.

Lastly, roll the ball back to the starting position using your arms and trunk.

Repeat 10 Times

Complete 3 Sets

Perform 1 Times a Day



BALL SEATED SHOULDER EXTENSION

While seated on an exercise ball, tighten your lower abdominal muscles and pull the elastic bands down towards your side. Keep your elbows straight throughout the movement.

Maintain erect posture the entire time.

Repeat 10 Times

Complete 3 Sets

Perform 1 Times a Day



BALL ANTI-ROTATION - ELASTIC BAND

Sitting on an exercise ball holding an elastic band with both hands as shown.

Tighten your lower abdominal muscles. Next, slowly bend and extend at your elbows while making sure your trunk does not rotate or bend. □ □

You will then turn and perform facing the other direction.

Repeat 10 Times

Complete 3 Sets

Perform 1 Times a Day