

## Core Swiss Ball Exercises

### **Crunch**

Sit on the ball and roll forward until your hips move off of the ball. Your lower back should be supported by the curve of the ball. Hands can be at your ears or cross arms over your chest. "Crunch" forward slowly using your abdominals until you are at about a 45-degree angle to the ball. Keep a neutral neck position. Slowly lower your upper body to the starting position, focusing on your abdominals and repeat.

### **Side Crunch**

Place the ball 3 to 4 feet from a wall. Then lean on the ball so that your hips are just below the top of the ball and your feet are against the wall. Use your feet to stabilize, so that you do not roll forward. Place your hands at your ears. Slowly "crunch" up until your knees, hips and shoulders are in line, return to the starting position and repeat.

### **Rollout**

Kneel in front of the ball. Tighten your glutes (butt muscles) and draw your navel in (pelvic tilt). Place your hands on the top of the ball and let your feet come off the ground (knees become the pivot point). Walk your hands out on the ball—both of your arms and the ball will move away from your body. Once you feel your abdominals engage, you are at the "starting position." Your hands are stationary and pivot on your knee, moving your torso and hips forward as the ball rolls away from your knees. Try to keep your chest upright and do not hyperextend your back—keep a straight line through your upper body. Hold that far reach position for 2 seconds, roll back and repeat.

### **Superman Variations**

Lie on the ball with it located at your midsection and your hands and feet in contact with the floor. Attempt various "superman" movements:

- a) One arm raise
- b) Double arm raise
- c) One leg raise
- d) Double leg raise
- e) Opposite leg/arm extension
- f) Same side leg/arm extension

### **Contact:**

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