

# Core Ball and More!

When setting out with these exercises if it is new to you take care and be careful to start very easily and work your way up. As with any exercise start with the easiest and work up. All these exercises should not cause pain.



Squats – Stand with the ball in the small of your back against a wall. Squat down until your knees are at right angles then stand up.



Back Raises – With the ball under your hips and your feet against a wall, lean over as far as you can. Now lift up until your back is parallel with your legs. Don't lift beyond this point.



The Pass – Start with the ball in between your feet and your arms stretched out. Slowly bring your feet and hands together, then pass the ball to your hands. Holding the ball reach back but don't let the ball touch the floor. Now bring your hands and feet together again and pass the ball back to your feet. Lower slowly but don't let the ball touch the floor. This counts as one rep. Do not attempt if you are experiencing any current low back pain.



Plank – Start planking on your knees and forearms. When you can hold this position for 60secs, try planking on your toes and forearms. Start with 10secs and work



up to 60secs.



Side Plank – Start planking on your knee and forearm. When you can hold this position for 60secs, try planking on the side of your foot and forearm and for extra difficulty raise your arm as shown. Start with 10secs and work up to 60secs.



With all these exercises except the planks, start with 3 sets of 10 with a 30 second break between each set. Once that is too easy do 3 sets of 20. With the planks try to do 1 set of 10.

As with any exercise start with the easiest and work up. All these exercises should not cause pain. They will work your muscles and you may ache afterwards but they should not cause any pain. If they do then stop immediately!

If you have any questions about these exercises then contact the DSA office.