

More with the Core Ball!

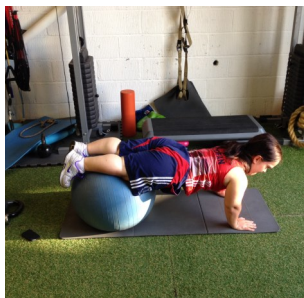
When setting out with these exercises if it is new to you take care and be careful to start very easily and work your way up. As with any exercise start with the easiest and work up. All these exercises should not cause pain.



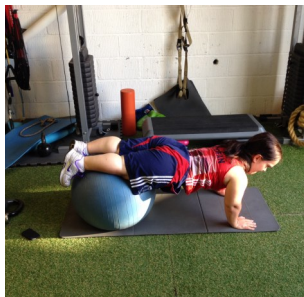
The Bridge - place your legs on the ball like this and then push through your heels to lift your bottom off the floor. Hold 10secs.



The Crawl - Start with your lower legs completely on the ball. Crawl forwards as far as you can. Then crawl back. Keep this exercise as slow as you can and try to not fall off!



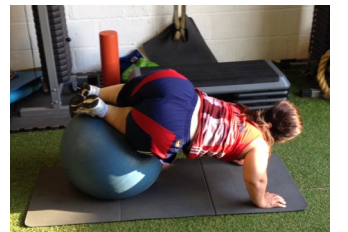
Press Ups - You can use the starting position for the crawl to do press ups. If you want to make this harder crawl out a bit further and then do a press up.



Jack-Knife - Again same starting position as for the crawl. This time tuck your knees up towards your hands and then push them away.



To make this harder as you tuck your knees bring them to your right and then to your left.



With all these exercises start with 3 sets of 10 with a 30 second break between each set. Once that is too easy do 3 sets of 20.

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 you any pain. If they do then stop immediately! If you have any questions about these exercises then contact the DSA office