









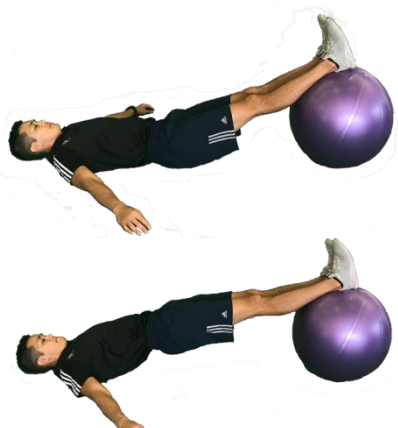
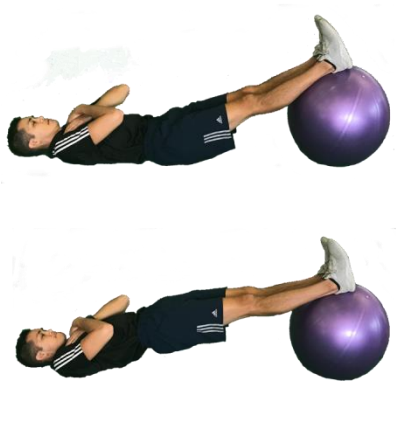
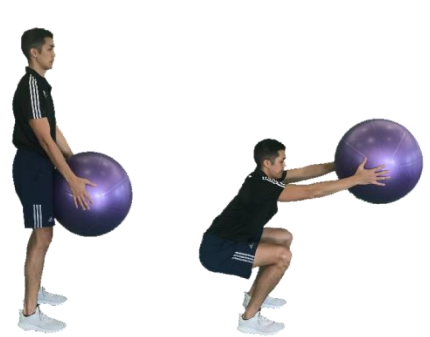

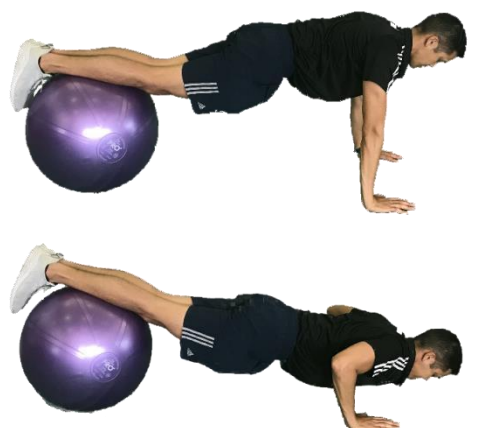



Stability Ball Exercises

Stability balls are a great way to improve strength, flexibility and balance. By tackling basic moves (like push-ups, squats, and planks) on an unstable surface, muscles are required to activate to stabilise the spine. Exercises can be performed 2-3x/week, 2-3 sets of 8-12 repetitions (unless otherwise stated).

	Beginner	Advanced
Core Exercises	 <p>SB Plank: hold 30-45s</p>	 <p>SB Plank (toes elevated): hold 30-45s</p>
		
	 <p>SB Jackknife (knees start on ball)</p>	 <p>SB Jackknife (ankles start on ball)</p>
		
	 <p>SB Kneeling Roll Out (start kneeling on ground)</p>	 <p>SB Kneeling Roll Out (start with toes on ground)</p>

Lower Body Exercises	 <p>Hip Lift (hands on floor)</p>	 <p>Hip Lift (hands on shoulders)</p>
	 <p>SB Squat</p>	 <p>Overhead Squat</p>
Upper Body Exercises	 <p>SB Press Up (knees on ball, hands on ground)</p>	 <p>SB Press Up (toes on ball, hands on ground)</p>