



SWISS BALL SERIES

	<u>Swiss Ball</u>	<u>Secs</u>	
1	Seated Balance	60	
2	Four Point Horse Stance	60	
3	Three Point Horse Stance R/L Leg	60	
4	Three Point Horse Stance R/L Arm	60	
5	Prone Full Body Extensions	2 sets	10 reps

6-8 are for advanced students only and require the doctor's permission. Use a spotter for the following:

6	Kneeling	60	
7	Standing	60	
8	Squats	10 reps	

NOTE:

The Wobble Board & Swiss Ball exercises are balance oriented. If you are not confident in your abilities to do these ask for a spot.

SWISS BALL SERIES



1. Seated Balance



2. Four-point Horse Stance



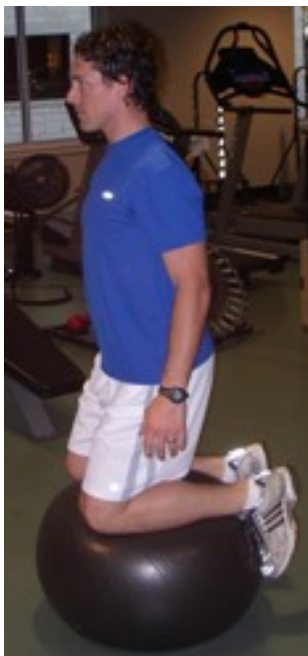
3. Three-point Horse Stance R/L Legs



4. Three-point Horse Stance R/L Arms



5. Prone Full-body Extensions



6. Kneeling



7. Standing



8. Squatting