

Swiss Ball Routine

1. Bridge ups x10: Dig your heels into the ball, legs straight, butt up and down.
2. Bridge holds 10 sec: Dig your heels into the ball, legs straight, hold with your butt up.
3. Hamstring curls x10: Same position, heels into the ball, bend your legs into your body, bringing your heels into your butt and then straighten them again, keeping your butt off the ground the whole time.
4. Marching on the ball x10: Bottoms of your feet flat on the top of the ball, alternate driving one knee up in a march while keeping the ball still.
5. Single leg hamstring curls x10 each side: With one heel digging into the ball and the opposite leg hovering above you, curl your heel towards your butt and straighten it again.
6. Adductor rockers x10: Feet at 10 o'clock and 2 o'clock on the ball, squeeze your feet in and rock from side to side, keeping your legs straight and pressure on the ball
7. Straight leg lifts x10: Dig your heels into the ball, legs straight, alternate taking one leg off and hovering it over the ball for 2-3 seconds then switch
8. Forearm plank series:
 1. Forearm plank on the Swiss ball, legs and back in a straight line, elbows digging into the ball, hold 10 sec.
 2. Forward/Back x10: Move the ball forward and backward a few inches or as far as you can go without losing your posture and caving your back.
 3. Side/Side x10: Move the ball side to side a few inches or as far as you can go without losing your posture or falling.
 4. Circle clockwise/counterclockwise 10x each: Make 10 small circles in both directions, making sure to keep your back from caving in.
 5. Shoulder blade pinches 10x: Sink your chest down between your elbows a few inches then use your shoulder blades to squeeze back and down.
 6. Forearm plank hold 10 sec: Finish the same way you started with a 10 second hold.
9. Med ball twists x10: With your shoulder blades on the ball, knees at 90 degrees and feet flat on the ground, grab a med ball or light weight and hold it directly above your chest then rotate from side to side, each time letting one shoulder come off the ball.
10. Med ball crunches x10: Start in the same position as above, then let the med ball go back behind your head and bring it up in front of your chest and reach towards your knees.
11. Med ball overhead circles x5 each: Start in the same position as above, then bring the med ball in a circle around your upper body as big as you can without tipping over, go both directions 5x.
12. Single leg bridge holds x10: With your shoulders on the ball, feet flat on the ground, knees at 90 degrees, arms at your sides just brushing the ground for balance, lift one leg off the ground at a time and hold for 2-3 seconds then switch.
13. Knee-pull to pike x10: Hands on the ground, tops of the shoes on the ball, pull your knees into your chest and straighten back out, then pop your butt up and curl your toes on top of the ball then straighten out and repeat.
14. Straight arm plank series:
 1. Repeat the forearm plank series from above, but this time plank on the ball with straight arms, weight in the palms. Keep a straight line from your feet to your head. Repeat all movement patterns from above.

15. Knee-pull to pike to push-up x10: Repeat the knee-pull to pike from before, but this time add in a push-up after the pike. Keeping the tops of your shoes on the ball, push-up as low as you can go with good posture.

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