

Swiss Ball Core Routine

by Chad Anderson, CSCS

A1) Prone Jack Knife on Swiss Ball

Kneel prone (face down) over a swiss ball and walk yourself out into a push-up position. Your shins should rest on the ball. With your hands flat on the floor, slowly bring your knees to your chest, allowing the ball to roll with your legs. Exhale during the movement. Slowly extend your legs to the starting position. Perform 12 repetitions and without resting move directly to A2) Russian Twist.



A2) Russian Twist on Swiss Ball

Set up by sitting on a swiss ball and walking yourself out until just your shoulders rest on the ball. Be sure to keep your hips high with your thighs parallel to the ground. With arms extended in the air in front of you, rotate your torso from side to side, allowing the ball to roll underneath of you. Perform 15 repetitions per side (30 total movements) and without resting move directly to A3) Reverse Crunch.



A3) Reverse Crunch with Swiss Ball

Set up by lying down with your feet elevated on a swiss ball and the hands placed behind the neck. Curl the trunk until the shoulder blades come off the floor while simultaneously bringing the knees toward the chest, lifting the ball off the floor. Exhale through the movement. Perform 20 repetitions. Rest for one minute and return to A1) Prone Jackknife. Repeat the circuit 2 times for a total of 3 sets.

