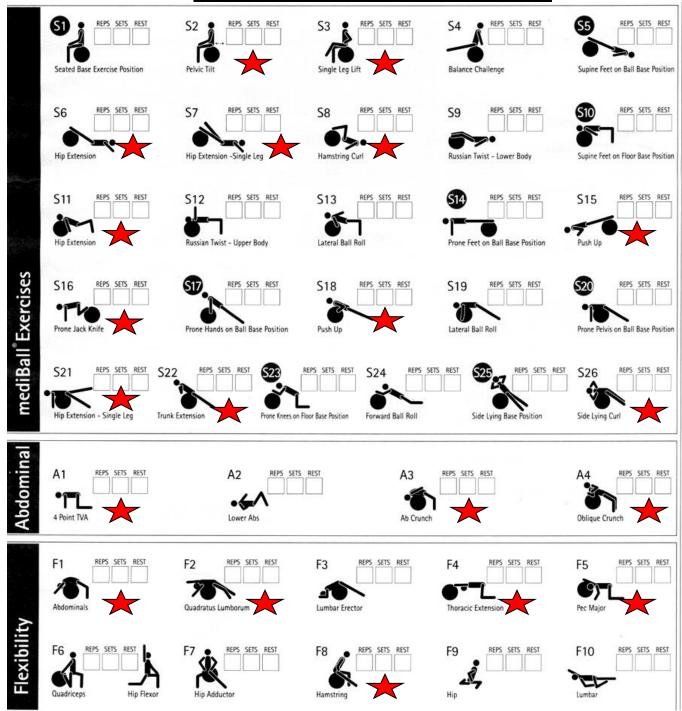


## SWISS BALL EXERCISE PRESCRIPTION



As a prelude to any stability work that would involve resistance exercise, including weights, it may be advisable to work on BASIC core-stability. A useful and portable tool is a suitably sized "Swiss Ball".

The program above illustrates a few key exercises - especially the ones marked with a Repetition range is usually in the 8-10 range with 2 sets per exercise.

