



SWISS BALL EXERCISE PRESCRIPTION

mediBall® Exercises	 S1 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Seated Base Exercise Position	 S2 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Pelvic Tilt ★	 S3 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Single Leg Lift ★	 S4 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Balance Challenge	 S5 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Supine Feet on Ball Base Position
	 S6 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Hip Extension ★	 S7 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Hip Extension - Single Leg ★	 S8 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Hamstring Curl ★	 S9 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Russian Twist - Lower Body	 S10 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Supine Feet on Floor Base Position
	 S11 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Hip Extension ★	 S12 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Russian Twist - Upper Body	 S13 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Lateral Ball Roll	 S14 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Prone Feet on Ball Base Position	 S15 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Push Up ★
	 S16 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Prone Jack Knife ★	 S17 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Prone Hands on Ball Base Position	 S18 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Push Up ★	 S19 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Lateral Ball Roll	 S20 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Prone Pelvis on Ball Base Position
	 S21 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Hip Extension - Single Leg ★	 S22 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Trunk Extension ★	 S23 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Prone Knees on Floor Base Position	 S24 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Forward Ball Roll	 S25 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Side Lying Base Position

Abdominal	 A1 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4 Point TVA ★	 A2 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Lower Abs	 A3 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Ab Crunch ★	 A4 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Oblique Crunch ★
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Flexibility	 F1 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Abdominals ★	 F2 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quadratus Lumborum ★	 F3 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Lumbar Erector	 F4 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Thoracic Extension ★	 F5 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Pec Major ★
	 F6 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Quadriceps	 F7 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Hip Flexor	 F8 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Hip Adductor	 F9 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Hamstring ★	 F10 REPS SETS REST <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Hip

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.