

SWISS BALL BOUNCES

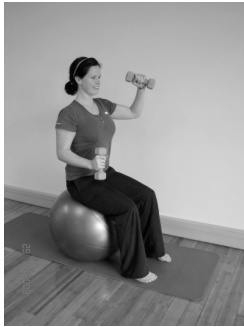


Starting Position

- Sit comfortably on a swiss ball, with your feet flat on the floor
- Your lower back should be in a neutral position

Movement

- First, set your pelvic floor and lower abdominal muscles
- Then, gently bounce up and down on the ball
- Keep breathing normally throughout the exercise
- Repeat for 20 bounces



Progression

- Add arm weights and move your arms in a running action as you bounce on the swiss ball

Notes:

- Keep your pelvic floor and lower abdominal muscles activated throughout the exercise