

SWISS BALL PELVIC ROCKS



Starting Position

- Sit upright on your swiss ball, feet should be flat on the floor, shoulders relaxed
- Set your lower abdominal muscles in this position



Movement

- Firstly, inhale and sit up nice and tall
- Exhale, engage your abdominal muscles and roll slightly back on your sit bones, rounding the lower part of your back
- Inhale, use your abdominal muscles to sit up tall again
- Repeat this movement 5 times



Notes:

- The emphasis should be on rounding the lower back, not the shoulders or upper back