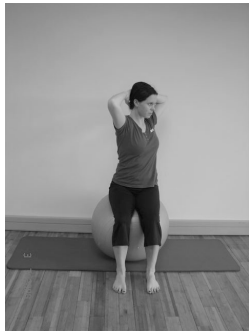


SWISS BALL TWIST



Starting Position

- Sit on a swiss ball, feet flat on the floor
- Your back should be in a neutral position
- Place your hands behind your head with your elbows pointing out to the sides (or place hands on your shoulders – whichever range of motion allows)



Movement

- Exhale. Set your pelvic floor and lower abdominal muscles and sit up tall
- Twist your body to the left
- Inhale. Hold this position
- Exhale rotate as far as possible to the left
- Inhale. Come back to the centre
- Exhale repeat to the right
- Repeat 3 times each way



Note:

- Try and grow taller through your spine as you rotate in each direction