

SWISS BALL LEG LIFT SERIES



Starting Position

- Sit on a swiss ball with your feet flat on the floor and your back in a neutral position
- Relax your arms by your sides with your hands resting on the ball

Movement

- Exhale. Engage your pelvic floor and lower abdominal muscles first
- Then, lift up one leg without moving your back
- Inhale. Return your foot to the floor then repeat with the other leg
- Repeat 3 – 5 times each leg



Movement progression

- Exhale. Engage your pelvic floor and lower abdominal muscles first
- As you lift up one leg, also raise your opposite arm up
- Making sure you do not move your back
- Inhale. Return to the starting position
- Repeat 3 – 5 times each side

Notes:

- It is important to maintain a neutral spine and pelvis position throughout this exercise
- Do not lean backward as you lift up your leg or arm