

## SWISS BALL OBLIQUE PRESS



### Starting Position

- Sit on a swiss ball with your feet flat on the ground
- Your back should be in a neutral position
- Arms by your sides with your hands resting on the ball



### Movement

- Exhale. Set your pelvic floor and lower abdominal muscles
- Lift one knee up and press the inside of your knee with your opposite hand
- Hold press for 5 seconds
- Inhale and return to the starting position
- Repeat on the other side
- 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