



CORE ENHANCEMENT SYSTEM

PERSONAL EXERCISE PROGRAM

Stability Ball – Leg Flexion:

A) Balancing:

- Lay on a mat, on your back, and position a stability ball directly underneath your heels
- Lift your trunk off the ground, so that your weight is being supported by your neck and shoulders, which are on the ground, and your heels, which are on the ball

B) Down Phase:

- Keeping your trunk off the ground, and your back straight, straighten your legs by sliding your heels forwards (Figure 1)

C) Lift Phase:

- Lift your trunk slightly higher off the ground, and bend your legs by bringing your heels closer to the middle of your body, until you reach a 90 degree angle (Figure 2)



Figure 1



Figure 2

Muscles Used: Biceps Femoris.

NOTE: Make sure you are very well balanced before you start moving. Allow 2 seconds for the down phase and 1 second for the lift phase. Breathe in during the down phase and breathe out during the lift phase.