



CORE ENHANCEMENT SYSTEM

PERSONAL EXERCISE PROGRAM

Stability Ball – Dumbbell Tricep French Press:

A) Making the Bridge:

- Sit on a stability ball, holding a dumbbell in each hand
- Slowly walk forwards with your feet, until only your neck and the top of your shoulders are supported by the ball
- Keep your feet flat on the ground, and relax your legs, so that your trunk muscles are working to keep your balance

B) Down Phase:

- Keeping your back straight, bring your arms close together so that they are parallel to each other and perpendicular to the floor
- Lower the dumbbells by bending the arms to a 90 degree angle (Figure 1)

C) Lift Phase:

- Keeping your elbows in, raise the dumbbells by straightening your arms (Figure 2)



Figure 1



Figure 2

Muscles Used: Triceps.

NOTE: Be sure to keep your elbows in, and bend to a 90 degree angle for each repetition. 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.