



CORE ENHANCEMENT SYSTEM

PERSONAL EXERCISE PROGRAM

Stability Ball – Dumbbell Row:

A) Balancing:

- Grab a dumbbell with one hand, and place your other hand and leg of the same side (i.e. left hand and left leg, Figure 1) on a stability ball
- Bend forward at the waist, with only your shin and hand in contact with the ball, and the opposite leg on the ground
- Flatten your back so that it is parallel to the ground

B) Down Phase:

- Keeping your back flat, let your arm go down as far as it will go without dipping your trunk or shoulder (Figure 1)

C) Lift Phase:

- Pull and retract your shoulder blade inwards, towards the center of your body, and then bend your arm and pull the dumbbell upwards
- In the finished position your arm should be at about a 90 degree angle (Figure 2)



Figure 1



Figure 2

Muscles Used: Latissimus Dorsi, Teres Major, Rhomboid.

NOTE: Retracting the shoulder blade is an awkward movement which may take some time to get used to. You should feel this exercise in the middle of your back, as well as the back of your shoulder, as opposed to your arm. 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.