



CORE ENHANCEMENT SYSTEM

PERSONAL EXERCISE PROGRAM

Stability Ball – Lunge - Feet on Ball:

A) Balancing:

- Place one leg on a stability ball, with the top of the foot (Shoe laces) touching the ball
- Slowly hop forwards on the other leg, until your standing foot is about 1 meter in front of your other foot, which is on the ball

B) Down Phase:

- Keeping your back straight, dip your body downwards by bending the front leg
- Keep your hips back, and bend your leg until you reach a 90 degree angle in the knee (Figure 1)

C) Lift Phase:

- Push your body upwards by straightening your leg (Figure 2)



Figure 1



Figure 2

Muscles Used: Gluteus Maximus, Quadriceps.

NOTE: Make sure you are very well balanced before starting the down phase. Make sure you hop out far enough so that your knee does not come in front of your toe. 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.