



# **CORE ENHANCEMENT SYSTEM**

## **PERSONAL EXERCISE PROGRAM**

## Stability Ball – Push-Up – Feet on Ball:

### A) Balancing:

- Place your hands and chest on a mat, with hands shoulder width apart, and the bottom of your legs on a stability ball
- Using your legs and arms, walk out, and push yourself up so that only the tips of your toes are touching the ball, and only the palms of your hands are touching the mat

### B) Down Phase:

- Keeping your back straight and parallel to the ground, lower your body by bending your arms to a 90 degree angle (Figure 1)

### C) Lift Phase:

- Without arching your back, push yourself up until your arms are straight (Figure 2)



Figure 1



Figure 2

**Muscles Used: Pectoralis Major, Triceps, Anterior Deltoid.**

**NOTE: 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.**