

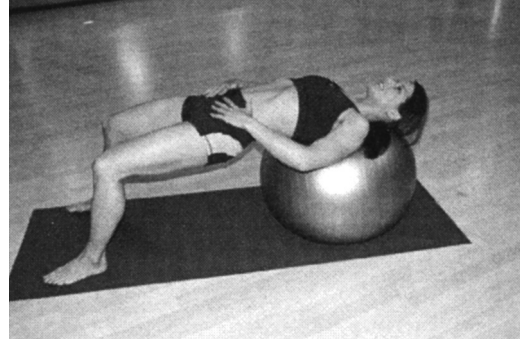
### **Swiss Ball Hip Raises**

Sitting on floor with knees bent and feet flat on the floor leaning against the Swiss ball slowly exhale as you raise your hips up off the ground as high as possible while rolling onto your shoulders on the ball. Contract your buttocks, hamstrings, and abdominals (bringing belly button toward spine). Hold the position as long as possible then slowly lower back to the start position while inhaling.

**Start (Inhaling and Relaxing)**



**Finish (Exhaling and Contracting)**



### **Swiss Ball Oblique Rolls**

Start in push up position with feet on top of ball then slowly roll to one side while exhaling and contracting abdominals (pulling belly button toward spine) and hold this position as long as possible. Slowly return to start position then repeat to other side.

