



SFT SWISS BALL CORE CIRCUIT

PRONE SWIMMERS ON SWISS BALL
5-8 reps

DEAD BUGS WITH SWISS BALL
8 reps on each side with opposite side limbs moving
8 reps on each side with same side limbs moving

ALTERNATING MOUNTAIN CLIMBER ON SWISS BALL
8 reps on each leg.

1 rep = mountain climber to same side elbow AND to opposite side elbow. Stationary leg is pressing down on top of the ball.

PLANK ON SWISS BALL WITH 3 WAY HIP DRIVERS
5-8 reps of each hip driver (hands press into Swiss ball)
Sagittal plane: hips drive forward and back
Frontal plane: hips drive side to side (without rotating pelvis)
Transverse plane: hips rotate side to side

3 WAY SCISSOR WITH SWISS BALL
5 reps through the sequence on each leg

Press ball between hands and top leg shin. Moving leg lowers straight down, to lateral diagonal, and to medial diagonal.

ISOMETRIC COPENHAGEN SIDE PLANK
Hold for 20-30 seconds on each side