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SWISS BALL BUTT EXERCISES

A1	<p>90 DEGREE SWISSBALL BEGINNER LIFTS- BEGINNER</p> <p>-Barbell -Hip raise</p>		SETS	REPS	Tempo			Weight	Rest
					↓	—	↑		
		Semaine 1-2	3	12-15	2	0	1		60 SEC
		Semaine 3-4	3	12-15	2	0	1		60 SEC
		Semaine 5-6	3	12-15	2	0	1		60 SEC
		Semaine 7-8	3	12-15	2	0	1	60 SEC	
<p>THE EXERCISE IS PERFORMED USING A BALL.</p> <p>Note: PUSH INTO THE BALL TO LIFT YOUR PELVIS OFF THE FLOOR- USING YOUR BUTT AND THE BACK OF YOUR LEGS AND NOT YOUR LOWER BACK.</p> <p>INCREASE THE DIFFICULTY OF THIS EXERCISE MOVING ON TO THE NEXT LEVEL OR ADDING WEIGHT TO YOUR PELVIS.</p>									

B1	<p>SWISSBALL 1 LEG BUTT LIFTS- INTERMEDIATE OR ADVANCED</p> <p>-Dumbbell -Hip raise -One leg</p>		SETS	REPS	Tempo			Weight	Rest
					→	—	←		
		Semaine 1-2	3	12-15	2	0	1		60 SEC
		Semaine 3-4	3	12-15	2	0	1		60 SEC
		Semaine 5-6	3	12-15	2	0	1		60 SEC
		Semaine 7-8	3	12-15	2	0	1	60 SEC	
<p>THE EXERCISE IS PERFORMED USING A BALL.</p> <p>INTERMEDIATE INDIVIDUALS PLACE ONE LEG ON TOP OF THE OTHER. (AS DEMONSTRATED ON THE VIDEO)</p> <p>ADVANCED INDIVIDUALS KEEP YOUR KNEE UP</p> <p>Note: USE A CHAIR OR SECURE OBJECT IN THE BEGINNING TO KEEP YOUR BALANCE..</p> <p>INCREASE THE DIFFICULTY OF THIS EXERCISE BY ADDING WEIGHTS – FOR ADDITIONAL RESISTANCE</p> <p>DO- NOT ROLL ON THE BALL- ONLY THE PELVIS MOVES IN THIS POSITION.</p>									