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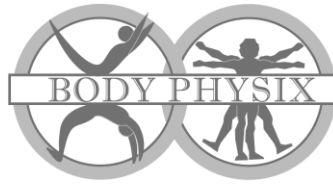
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SWISS BALL HAMSTRING EXERCISES PART 1

A1	90 DEGREE SWISS BALL BUTT BEGINNER LIFTS 		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 HAMSTRINGS (THE BACK OF YOUR LEGS) AND NOT YOUR LOWER BACK.</p> <p>DO NOT GO HIGHER THAN 6 INCHES OFF THE FLOOR</p> <p>INCREASE THE DIFFICULTY OF THIS EXERCISE MOVING ON TO THE NEXT LEVEL.</p>									

B1	SWISS BALL 1 LEG BUTT LIFTS- INTERMEDIATE OR ADVANCED 		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: INTERMEDIATE INDIVIDUALS PLACE ONE LEG ON TOP OF THE OTHER. (AS DEMONSTRATED ON THE VIDEO)</p> <p>ADVANCED INDIVIDUALS KEEP THEIR KNEE UP</p> <p>DO- NOT ROLL ON THE BALL- ONLY THE PELVIS MOVES IN THIS POSITION.</p>									


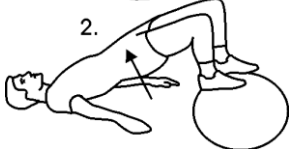


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SWISS BALL HAMSTRING EXERCISES PART 2

C1	<p>90 DEGREE SWISS BALL 2 LEG CURL BEGINNER= WITH 2 LEGS</p>  <p>1.</p>  <p>2.</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>PUSH INTO THE BALL TO LIFT YOUR PELVIS OFF THE FLOOR- USING YOUR HAMSTRINGS (THE BACK OF YOUR LEGS) AND NOT YOUR LOWER BACK.</p> <p>DO NOT LIFT HIGHER THAN 6 INCHES OFF THE FLOOR</p> <p>WHILE YOUR PELVIS IS UP- ROLL THE BALL FORWARD</p> <p>WHILE THE PELVIS IS LIFTED -WITH LEGS EXTENDED- USE YOUR HAMSTRINGS TO BRING BACK THE BALL</p> <p>BRING THE PELVIS BACK DOWN TO THE FLOOR BEGIN AGAIN ☺</p> <p>INCREASE THE DIFFICULTY OF THIS EXERCISE MOVING ON TO THE NEXT LEVEL.</p>							
	Note:								



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SWISS BALL HAMSTRING EXERCISES PART 3

D1	<p>90 DEGREE SWISS BALL LEG CURL BEGINNER= WITH 1 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>THE INTERMEDIATE INDIVIDUAL HAS HIS OR HER OPPOSITE LEG CROSSED OVER THE OTHER LEG.</p> <p>THE ADVANCED INDIVIDUAL PERFORMS THE EXERCISE WITH THE OPPOSITE LEG UP. (AS SEEN ON THE VIDEO)</p> <p>PUSH INTO THE BALL TO LIFT YOUR PELVIS OFF THE FLOOR- USING YOUR HAMSTRINGS (THE BACK OF YOUR LEGS) AND NOT YOUR LOWER BACK.</p> <p>DO NOT GO HIGHER THAN 6 INCHES OFF THE FLOOR</p> <p>WHILE YOUR PELVIS IS UP ROLL THE BALL FORWARD</p> <p>WHILE THE PELVIS IS LIFTED -WITH LEGS EXTENDED- USE YOUR HAMSTRINGS TO BRING BACK THE BALL</p> <p>BRING THE PELVIS BACK DOWN TO THE FLOOR BEGIN AGAIN ☺</p>							
	Note:								