


## Inflatable Ball Exercises Level 2 Chart– CT036

<p><b>Description</b></p>	<p>◆ Level 2 requires a combination of balance and strength to keep the spine in good neutral alignment. The major muscle groups working in each exercise are identified together with important information on how to adopt the correct start position before doing the exercise. It provides the user with a range of exercises that strengthen the core group of muscles as well as involving other muscles to maintain good body balance.</p>
<p><b>Details</b></p>	<p>1. Dimension: B2 Size</p>
<p><b>Image</b></p>	 <p><b>INFLATABLE BALL EXERCISES - LEVEL TWO</b></p> <p>Ball size should be chosen according to body proportions and exercise being performed. When sitting on the ball in exercise, legs and knees should be at 90 degrees.</p> <ul style="list-style-type: none"> <li>• Read instructions before doing the exercise.</li> <li>• Breathing should be natural and rhythmic during the exercise.</li> <li>• Use mirror to check alignment of spine.</li> <li>• Warm-up thoroughly before doing the exercise.</li> <li>• Hold foot/ankles/feet for a number of seconds as directed by instructor.</li> </ul> <p>In order to achieve good neutral spinal alignment in all these exercises you must engage the following muscle groups:</p> <p>Transverse Abdominis, Gluteal muscle group and Pelvic floor muscle. Additionally, lower fibres of Trapezius and long fibres of the neck.</p> <p><b>1. BALANCE SINGLE KNEE</b> Benefits: Improves balance, core strength and stability. Muscles: Transverse Abdominis, Gluteal muscle group, Pelvic floor muscle. How to do it: Sit on the ball with one knee bent and the other leg extended straight out. Hold for 30 seconds.</p> <p><b>2. BALANCE SINGLE LEG</b> Benefits: Improves balance, core strength and stability. Muscles: Transverse Abdominis, Gluteal muscle group, Pelvic floor muscle. How to do it: Sit on the ball with one leg bent and the other leg extended straight out. Hold for 30 seconds.</p> <p><b>3. BALANCE SINGLE LEG STRETCH</b> Benefits: Improves balance, core strength and stability. Muscles: Transverse Abdominis, Gluteal muscle group, Pelvic floor muscle. How to do it: Sit on the ball with one leg bent and the other leg extended straight out. Hold for 30 seconds.</p> <p><b>4. BALANCE SINGLE LEG STRETCH</b> Benefits: Improves balance, core strength and stability. Muscles: Transverse Abdominis, Gluteal muscle group, Pelvic floor muscle. How to do it: Sit on the ball with one leg bent and the other leg extended straight out. Hold for 30 seconds.</p> <p><b>5. BALANCE SINGLE LEG STRETCH</b> Benefits: Improves balance, core strength and stability. Muscles: Transverse Abdominis, Gluteal muscle group, Pelvic floor muscle. How to do it: Sit on the ball with one leg bent and the other leg extended straight out. Hold for 30 seconds.</p> <p><b>6. BALANCE SINGLE LEG STRETCH</b> Benefits: Improves balance, core strength and stability. Muscles: Transverse Abdominis, Gluteal muscle group, Pelvic floor muscle. How to do it: Sit on the ball with one leg bent and the other leg extended straight out. Hold for 30 seconds.</p> <p><b>7. BALANCE SINGLE LEG STRETCH</b> Benefits: Improves balance, core strength and stability. Muscles: Transverse Abdominis, Gluteal muscle group, Pelvic floor muscle. How to do it: Sit on the ball with one leg bent and the other leg extended straight out. Hold for 30 seconds.</p> <p><b>8. BALANCE SINGLE LEG STRETCH</b> Benefits: Improves balance, core strength and stability. Muscles: Transverse Abdominis, Gluteal muscle group, Pelvic floor muscle. How to do it: Sit on the ball with one leg bent and the other leg extended straight out. Hold for 30 seconds.</p> <p>WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS</p>