

Swiss Ball Double-Leg Hip Flexion

This exercise targets strengthening the hip flexor musculature, and it also increases the challenge for the abdominal muscles and neck flexors. Using the Swiss ball places increased demand on the core and trunk muscles for balancing and stabilization. Single-leg and bent-knee versions are suggested before attempting the double-leg option. Increased loads can be implemented by simply adjusting the body farther out on the ball. Neck flexor strength is a prereq-

uisite for this exercise, because the head cannot easily be rested at any time during the movement.

Target Muscles

Hip flexors (psoas, iliacus, rectus femoris), core, spinal flexors

Joint Motions

Hip flexion



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Alignment and Positioning

1. Lie supine on a Swiss ball, with good posture and the hands anchored on a stable object.
2. Begin with both legs up and straight, and with the ankles flexed.
3. Begin with the head and spine in good posture and the chin slightly tucked. Contract the core, abdominal, and hip flexor muscles.



Motion and Stabilization

1. Slowly begin to inhale, and lower the legs until the thighs are parallel with the body (or as low as possible) while maintaining posture and head position.
2. Hold at the bottom position, then slowly begin to exhale, activate the core, and pull the legs up to the starting position while maintaining head and spinal position.
3. Hold again at the top position, maintaining the straight leg and spinal positioning to actively stretch the hamstrings and calves while further contracting the core muscles. Then slowly inhale and repeat.

