

DVD

Swiss Ball Alternating Superman

1. Lie facedown on a Swiss ball with your abdominals on top of the ball, your head and shoulders facing the floor, and your toes touching the floor.
2. Raise your right leg and left arm 2 to 6 inches (5 to 15 cm) above your torso at the same time. Hold for 2 to 10 seconds under control.
3. Repeat with your left leg and right arm (figure 4.30).
4. In the up position, keep your body as straight and long as possible.
5. Caution: Maintaining balance and proper position is important for safety.



Figure 4.30

TOTAL-CORE STABILIZATION

Four-Way Stabilization

Prone Position

1. Lie facedown on the floor with your body straight and your arms out in front of you.
2. Raise your upper body and bring your elbows under your shoulders with your forearms on the floor and angled in. Your hands can be in fists or palms down on the floor.
3. Raise your body up off the floor, keeping it straight and tight (figure 4.31a). Your forearms, hands, and toes are touching the floor.
4. Hold this straight position for 30 to 60 seconds. Do not let your body sag down or your butt rise up.



Figure 4.31 Prone position

Supine Position

1. Lie on your back on the floor with your body straight and your arms at your sides.
2. Raise your upper body and bring your elbows under your shoulders with your forearms next to your body. Your hands can be in fists or palms down on the floor.
3. Raise your body up off the floor, keeping it straight and tight (figure 4.31*b*). Your forearms, hands, and heels are touching the floor.
4. Hold this straight position for 30 to 60 seconds. Do not let your body sag down.

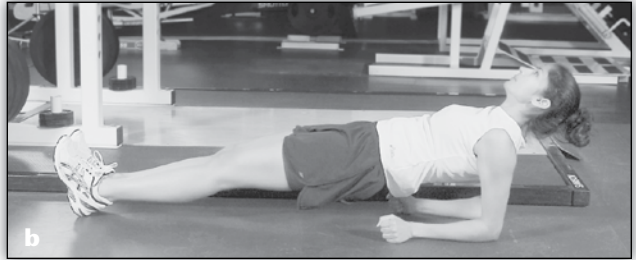


Figure 4.31 Supine position

Side Position

1. Lie on your left side on the floor with your body straight and your left arm straight out in front of you. Your right arm can be on your right side or bent with your hand on your waist.
2. Raise your upper body and bring your left elbow under your shoulder with your forearm on the floor straight out in front of you. Your left hand can be a fist or palm down on the floor.
3. Raise your body up off the floor, keeping it straight and tight (figure 4.31*c*). Your forearm, hand, and outside of your left foot are touching the floor.
4. Hold this straight position for 30 to 60 seconds. Do not let your body sag down. Repeat this sequence on your right side.

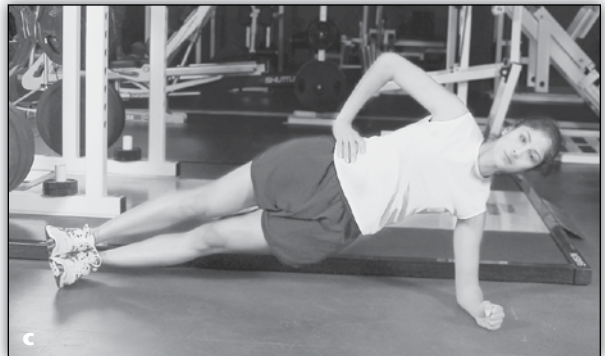


Figure 4.31 Side position

Medicine Ball Partner Rotation

1. Stand back to back with a partner, approximately 2 feet (.6 m) apart.
2. Both of you should hold your arms at your sides, elbows flexed at about 90 degrees, forearms parallel to the floor.
3. Hold a medicine ball with your left hand on the upper-left side of the ball and your right hand on the lower-left side.

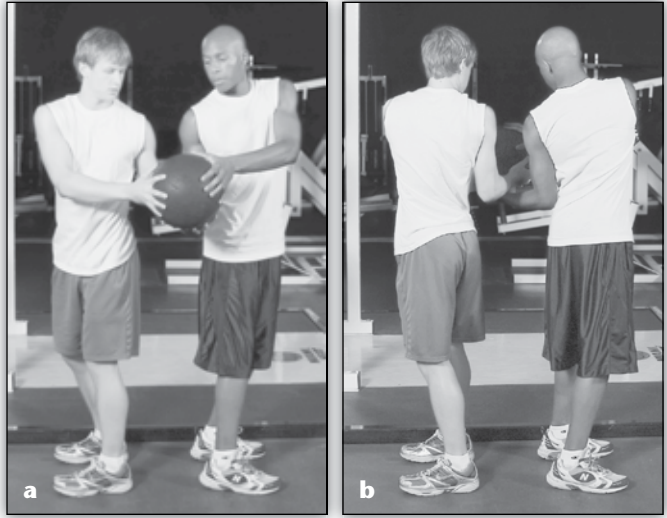


Figure 4.32

4. Rotate to the right to hand the medicine ball to your partner as your partner rotates to the left to receive the ball with his right hand on the upper-right side of the ball and his left hand on the lower-right side (figure 4.32a).
5. Immediately rotate to the left to receive the ball back from your partner, who rotates to the right to hand off the ball (figure 4.32b).
6. Hand off and receive the ball at the midline extended between you and your partner.
7. Repeat for equal repetitions in the opposite direction.
8. Perform the repetitions as quickly as possible. Be careful; you may become dizzy during the exercise.

Slideouts

1. Slideouts can be performed on a slide board or basketball floor.
2. Begin with your knees on a towel or padding on the floor.
3. Your arms are straight and hands are on a towel in front of your knees (figure 4.33*a*).
4. Keep your arms straight and your back and abdominals tight throughout the movement. Slide the towel out in front of you under control as far as you can with proper technique (figure 4.33*b*).
5. Return to the starting position.
6. Limit your reach if your back sags or you feel pain.

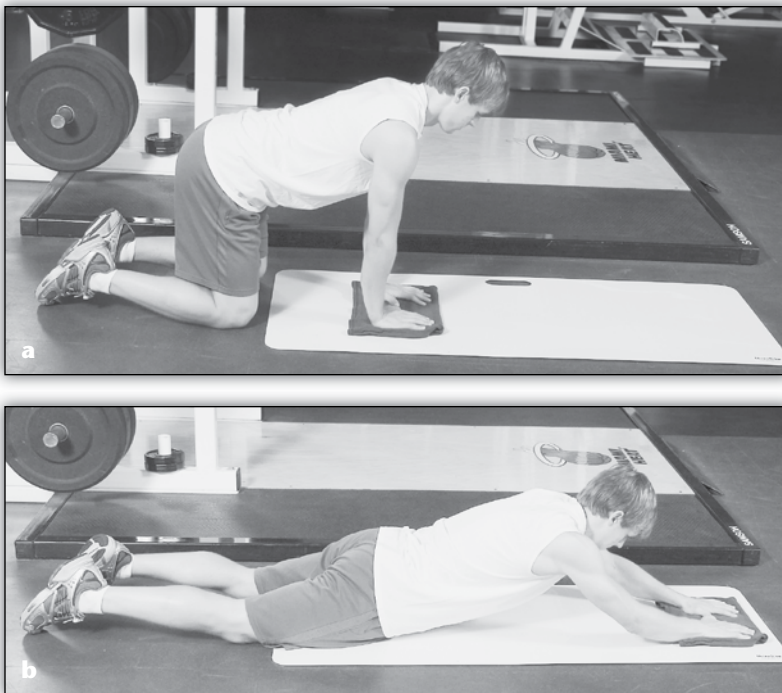


Figure 4.33