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Balance Programme Card  
**SWISS BALL WORKOUT**

# BALANCE PROGRAMME CARD

## SWISS BALL WORKOUT

EXERCISES	Sets/Reps	Progression	Regression
		Sets/Reps	Sets/Reps
Warm Up	30 Secs of Normal Sit ups	N/A	N/A
Swiss ball Crunches	3 x 10 - 15 reps	3 x 15-20 reps	Max Reps 30 Secs
Swiss ball Rollouts	3 x 10 - 15 reps	3 x 15-20 reps	Max Reps 30 Secs
Swiss ball plank	2 x 30 Secs	2 x 45 Secs	2 x Max Effort
To Finish (optional) Swiss Ball Jack Knifes	2 x 10 Reps	3 x 10 Reps	2 x max Effort

NOTE: If you require any help please ask a Lincs Inspire Instructor

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