



Core Stability on The Ball

Karen Petko

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This illustrated manual incorporates the use of a stability ball for developing a strong and stable torso. Included are many challenging and effective exercises for back strengthening, improved posture and defined muscle tone. Whether you are a fit individual or one who suffers from low back pain, training with an exercise ball will provide great results. Unlike traditional workouts, exercising with a stability ball forces you to maintain good balance by recruiting deep core muscles to work harder.

In this step-by-step guide, you will learn proper starting positions, alignment and progressions for therapeutic exercises for your core muscles. Also included are stability ball guidelines, safety tips and a home workout log.

In essence, strength training with the ball will help you achieve a strong and healthy physique free from injury! Enjoy and get on the ball!

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