

The Sling's

STABILISE PRIOR TO PERFORMING EXERCISE
 Repeat each exercise 8X's (Reps) or to FATIGUE
 All exercises must be painfree
 Consult your physio if you experience any pain



Stabilise. As you breathe out, curl up & SQUEEZE BALL
 Imagine keeping squash ball between your chin & chest.
 Hold 5 sec. Curl down. DO 8 reps
 OR- move straight to oblique



Breathe in. As you breathe out, curl to the left side
 SQUEEZE BALL between knees at the same time
 Hold 5sec. DO 8 reps
 OR – move back into straight curl-up position



As for previous, but now curl to the right.
 SQUEEZE BALL & hold



Stabilise. As you breathe out, curl up & SQUEEZE BALL
 between hands
 Imagine keeping squash ball between your chin & chest.
 Hold 5 sec. Curl down. DO 8 reps
 OR- move straight to oblique



Repeat as above, but squeeze ball between hands & not knees



As for previous, but now curl to the right.
 SQUEEZE BALL & hold



Stabilise.
 Alternate leg straightening
 Squeeze ball between hands as you swop legs
 DO 3 sets of 8 reps every 2nd day



Use a towel to support the neck if you
 tend to suffer from neck pain.



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