



## Kneeling Balance On Swiss Ball

### Purpose:

Improve balance, core strength, coordination, and endurance.

### Benefit:

Stronger, more powerful lower body to generate greater ball flight.

### Instructions:

Place your hands and knees on a swiss ball and slowly rock forward until you are balancing on the ball with your hands and knees. From there, let go with your hands and rise up onto your knees. It will help to use as much of your shins as possible to balance, as your shins create a larger base of support than just your knees. You may also hold onto the ball with your feet for added stability. You should start by just practicing kneeling for as long as possible without coming off the ball. When you get to the point where you can kneel on the ball for 30 seconds straight, several sets in a row, you can progress to the next phase of this exercise.

### Quantity:

Hold \_\_\_\_\_ reps \_\_\_\_\_

