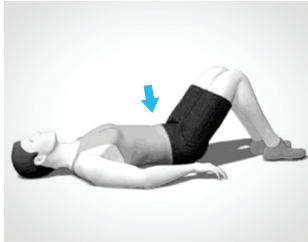


STABILIZATION - PROPRIOCEPTION (CORE)

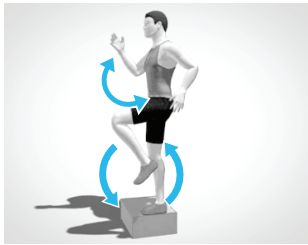
INNER UNIT



LYING ON YOUR BACK

- Contract your inner unit.
- Let your stomach tighten a little. (Your navel should simply get closer to your spine)
- Breathe normally. (While holding your contractions)
- Hold, let go and repeat

_____ x 10s

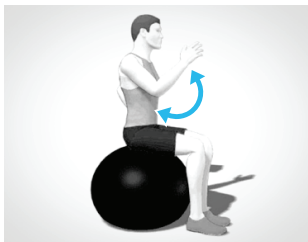


STANDING ON ONE LEG

- Contract your inner unit.
- Let your stomach tighten a little
- Breathe normally et keep a good trunk stability
- Swinging one leg back and forth.

_____ x 10s

PROPRIOCEPTION

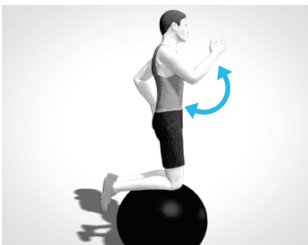


DIFFERENT POSES ON A SWISS BALL

(SITTING, KNEELING, STANDING)

- Contract your inner unit
- Let your stomach tighten a little
- Breathe normally.
- Hold your balance
- Move your arms in a running motion.
- Hold for at least 10s.

_____ x 10s



_____ x/day

To upgrade the difficulty level, it is better to increase the number of repetition instead of the length of each pose and use objects like swiss ball to increase external instability..