

Physical training / exercise:

Core stability

Level 1:

Sitting on a Gym ball, work out your abs by leaning back and coming up straight with the minimum instability.

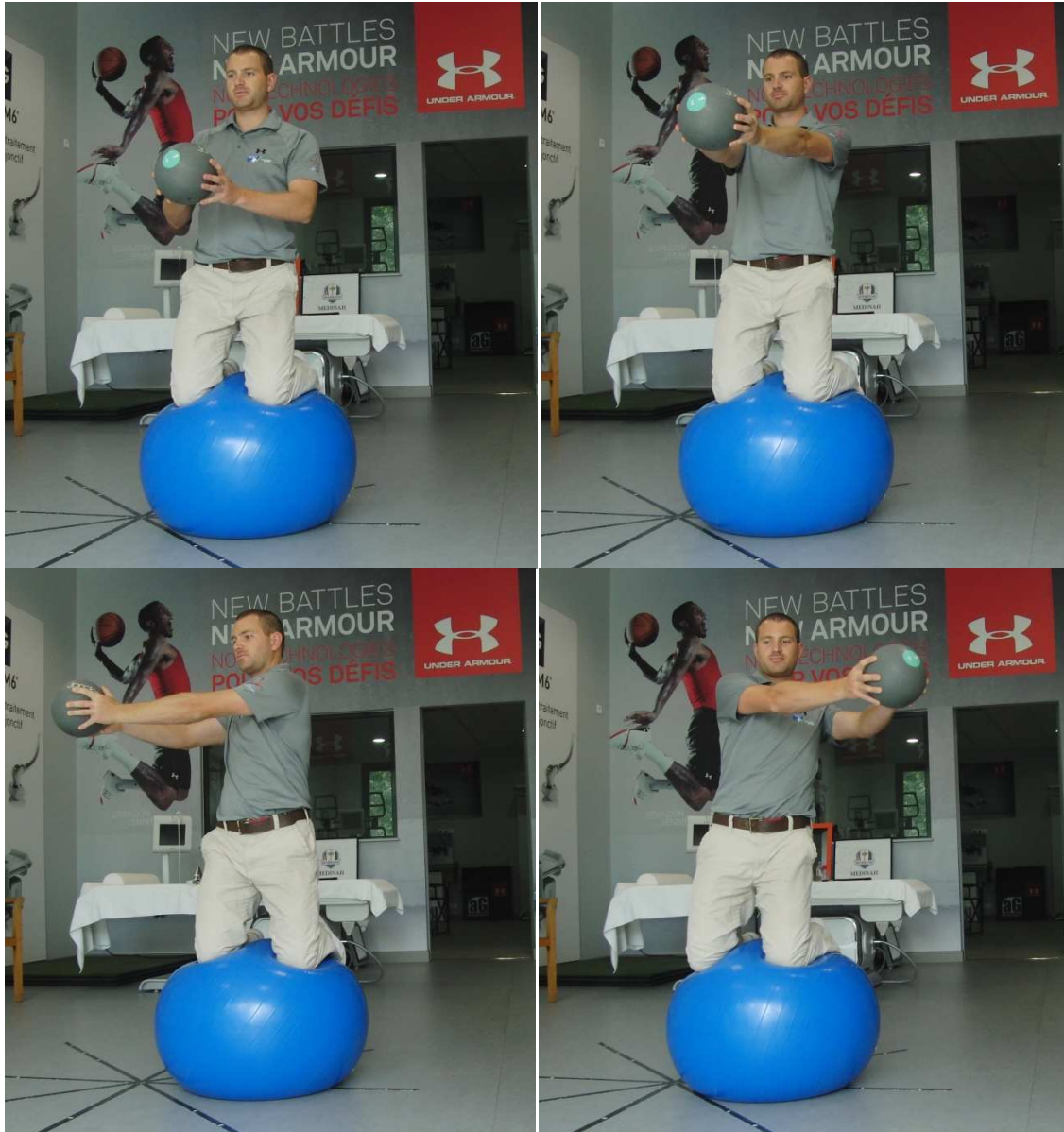


Minimum of 10 reps.



Level 2:

Knees onto the Gym ball, stand up and hold your trunk up right. With a medicine ball, extend your arms, and turn your shoulders left and right by keeping the medicine ball at shoulder level, arms straight and stay balance.



Medicine ball of 1kg to 5kg - Minimum of 3 reps on each side.