

Swiss Ball Wall Squat

Exercise Purpose:

To strengthen your leg muscles (quadriceps, hamstrings and buttocks)



Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=1941>

Key Points:

- Stand tall and place the Swiss ball against the wall and against the arch of your lower back
- Stand with your heels on the ground and feet shoulder width apart
- When squatting down imagine that you are about to sit down on a chair – keep the pressure on the middle and heels of your feet, stick your buttock backwards, and lower your buttock towards the floor
- Once you have reached the bottom, push back up through your heels and mid foot until you are fully upright again
- Squeeze your bottom together at the top of the movement
- Keep the movement fluid throughout
- Keep the centre of your knee caps in line (or slightly outside) your 2nd toe
- Don't let the front of your knees go in front of the end of your toes
- Keep your heels on the ground the whole time
- Maintain a neutral pelvis (slight lower back curve) the whole time
- Breathe in on the way down and breathe out on the way up
- Do not push too hard into the ball, but rather use it to guide you throughout the squatting movement

*If you know how to then gently draw in your deep stomach muscles at the beginning of this exercise and keep them drawn in throughout