



Core Strength: Table Tops

Equipment:

Stability ball x2, stop watch.

Set-up:

N/A

Description:

This exercise will help to develop core strength and balance. The student will lay face-up on the stability ball with the neck supported by the ball and push the hips up before extending one leg then the other while keeping the spine parallel to the ground.

Instructions:

Hold the position described above for as long as possible.

Scoring:

All students that can hold the table top position for at least 2 minutes will score a 3, if student can only hold position for between 1-2 minutes then they score a 4, and all others will score a 5.

