













## Swiss ball Training Program







Frequency: Every Monday and Thursday, 17:30-18:30, for eight weeks.







Intensity: Progressive approach with three levels of difficulty. Increase difficulty every three weeks, starting with Program 1 and Program 2, and ending with Program 3 in the last two weeks.

Time: A total of eight exercises, each performed for 40 seconds followed by 20 seconds of rest. Each exercise is repeated for three sets.

	level 1		level 2		level 3	
Movement 1	 <p>plank</p>	<p><u>Exercise Content:</u> Foot placed on the ball, elbows directly below shoulders, tighten abdomen, body straight in plank position.</p>	 <p>saw</p>	<p><u>Exercise Content:</u> Foot placed on the ball, perform plank, simultaneously perform dynamic shoulder forward and backward movements.</p>	 <p>Plank Variations (Hand to Elbow Transition)</p>	<p><u>Exercise Content:</u> Foot placed on the ball, perform plank, and dynamically alternate between supporting with hands and elbows.</p>
Movement 2	 <p>reverse plank</p>	<p><u>Exercise Content:</u> Heels placed on the centre of the ball, lie flat, feet shoulder-width apart, hands by sides, tighten abdomen, lift hips until body forms a straight line.</p>	 <p>leg curl</p>	<p><u>Exercise Content:</u> Lie flat, heels on the ball, feet shoulder-width apart, hands by sides, tighten abdomen, bring knees towards hips.</p>	 <p>bridge</p>	<p><u>Exercise Content:</u> Feet on the ball, feet shoulder-width apart, knees directly above hips, hands by sides, stabilize body, tighten abdomen, lift hips until body forms a straight line from hips to knees.</p>

<p>Movement 3</p>	 <p>crunch</p>	<p><u>Exercise Content:</u> Foot placed on the ball, elbows directly below shoulders, tighten abdomen, lift body to form a straight line, bring knees towards chest.</p>	 <p>pike</p>	<p><u>Exercise Content:</u> Shins on the ball, elbows directly below shoulders, keep knees straight, tighten abdomen, slide shins sideways on the ball, toes pointing to center of the ball, lift hips to highest point.</p>	 <p>mountain climbers</p>	<p><u>Exercise Content:</u> Toes on the centre of the ball, elbows directly below shoulders, tighten abdomen, lift body to form a straight line, alternate bringing knees towards chest.</p>
<p>Movement 4</p>	 <p>Assisted side plank</p>	<p><u>Exercise Content:</u> Side-lying position, lower leg blade on the centre of the ball, elbow directly below shoulder, tighten abdomen, lift body to form a straight line, top hand placed on ground for support.</p>	 <p>Hip-Supported side plank</p>	<p><u>Exercise Content:</u> Side-lying position, lower leg blade on the centre of the ball, elbow directly below shoulder, tighten abdomen, lift body to form a straight line, top hand placed on hip.</p>	 <p>Open Hand side plank</p>	<p><u>Exercise Content:</u> Side-lying position, lower leg blade on the centre of the ball, perform palm-supported side plank, extend top hand upward.</p>




<p>Movement 5</p>	 <p>squat</p>	<p><u>Exercise Content:</u> Place ball between wall and back, perform wall-supported squat.</p>	 <p>Bulgarian Split Squat</p>	<p><u>Exercise Content:</u> Back foot on the centre of the ball, stabilize with front foot, perform squat.</p>	 <p>single leg squat</p>	<p><u>Exercise Content:</u> Stand, perform single leg squat, non-supporting foot on the ball, extend knee forward.</p>
<p>Movement 6</p>	 <p>back extension</p>	<p><u>Exercise Content:</u> Prone position, abdomen on the ball, hands extended straight backward, lift back upwards</p>	 <p>Y-Back Extension</p>	<p><u>Exercise Content:</u> Prone position, abdomen on the ball, hands in Y-shape above head, lift back upwards.</p>	 <p>I-Back Extension</p>	<p><u>Exercise Content:</u> Prone position, abdomen on the ball, hands in I-shape above head, lift back upwards</p>







<p>Movement 7</p>	 <p>triceps extension</p>	<p><u>Exercise Content:</u> Place ball between wall and forearm, feet shoulder-width apart, tighten abdomen, bend elbows near ears.</p>	 <p>roll-out</p>	<p><u>Exercise Content:</u> Prone position, palms on the ball, tighten abdomen, push ball forward, lean body forward to limit, keep hips, knees, and body in a straight line.</p>	 <p>triceps dip</p>	<p><u>Exercise Content:</u> Palms shoulder-width apart on the ball, knees bent, squat down, bend elbows, then triceps contract, stand up.</p>
<p>Movement 8</p>	 <p>Double Leg sprinter's start</p>	<p><u>Exercise Content:</u> Place ball between wall and palms, prepare for lunge, move body forward, bring rear foot forward to meet front foot.</p>	 <p>Single Leg sprinter's start</p>	<p><u>Exercise Content:</u> Place ball between wall and palms, prepare for lunge, move body forward, bend knee of rear foot forward, shift weight forward and upward.</p>	 <p>Explosive sprinter's start</p>	<p><u>Exercise Content:</u> Place ball between wall and palms, prepare for lunge, move body forward, bend knee of rear foot forward, shift weight forward and upward in a jump.</p>







## TRX Training Program







Frequency: Every Monday and Thursday, 17:30-18:30, for eight weeks.

Intensity: Progressive approach with three levels of difficulty. Increase difficulty every three weeks, starting with Program 1 and Program 2, and ending with Program 3 in the last two weeks.




	level 1		level 2		level 3	
Move ment 1	 <p>plank</p>	<p><u>Rope height:</u> halfway up the calf.</p> <p><u>Movement description:</u> With elbows directly below the shoulders, tighten the abdomen, and lift the body to form a straight line.</p>	 <p>saw</p>	<p><u>Rope height:</u> halfway up the calf.</p> <p><u>Movement description:</u> Perform a plank while simultaneously doing dynamic forward and backward shoulder movements.</p>	 <p>Plank Variations (Hand to Elbow Transition)</p>	<p><u>Rope height:</u> halfway up the calf.</p> <p><u>Movement description:</u> Plank with dynamic elbow-to-hand transitions: Perform a plank while alternating between elbows and hands on the ground.</p>

<p>Move ment 2</p>	 <p>reverse plank</p>	<p><u>Rope height:</u> halfway up the calf.</p> <p><u>Movement description:</u> Lie on your back with feet shoulder-width apart and hands by your sides. Tighten your abdomen and lift your hips to form a straight line.</p>	 <p>leg curl</p>	<p><u>Rope height:</u> halfway up the calf.</p> <p><u>Movement description:</u> Lie on your back with feet shoulder-width apart and hands by your sides. Tighten your abdomen, bend your knees, and bring them close to your hips.</p>	 <p>bridge</p>	<p><u>Rope height:</u> halfway up the calf.</p> <p><u>Movement description:</u> Lie on your back with feet shoulder-width apart and knees directly above your hips. Hands by your sides, tighten your abdomen, and lift your hips to form a straight line from your hips to your knees.</p>
<p>Move ment 3</p>	 <p>Crunch</p>	<p><u>Rope height:</u> halfway up the calf.</p> <p><u>Movement description:</u> With elbows directly below the shoulders, tighten the abdomen, lift the body to form a straight line, and bend the knees towards the chest.</p>	 <p>mountain climbers</p>	<p><u>Rope height:</u> halfway up the calf.</p> <p><u>Movement description:</u> With elbows directly below the shoulders, tighten the abdomen, lift the body to form a straight line, and alternate bringing each knee towards the chest.</p>	 <p>pike</p>	<p><u>Rope height:</u> halfway up the calf.</p> <p><u>Movement description:</u> With elbows directly below the shoulders, tighten the abdomen, lift the body to form a straight line, keep the knees straight, and lift the hips to the highest point.</p>

<p>Move ment 4</p>	 <p>Assisted side plank</p>	<p><u>Rope height:</u> halfway up the calf, single handle.</p> <p><u>Movement description:</u> Side-lying position with feet in the middle of the main rope, elbow directly below the shoulder, tighten the abdomen, lift the body to form a straight line, and place the top hand on the ground for support.</p>	 <p>Hip-Supported side plank</p>	<p><u>Rope height:</u> halfway up the calf, single handle.</p> <p><u>Movement description:</u> Side-lying position with feet in the middle of the main rope, elbow directly below the shoulder, tighten the abdomen, lift the body to form a straight line, and place the top hand on the hip.</p>	 <p>Open Hand Side Plank</p>	<p><u>Rope height:</u> halfway up the calf, single handle.</p> <p><u>Movement description:</u> Side-lying position with feet in the middle of the main rope, perform an elbow-supported side plank, and extend the top hand upwards.</p>
<p>Move ment 5</p>		<p><u>Rope height:</u> TRX middle rope position.</p> <p><u>Movement description:</u> Stand and perform a squat.</p>		<p><u>Rope height:</u> TRX middle rope position.</p> <p><u>Movement description:</u> Stand and perform a backward lunge with the front foot stable and the back foot suspended.</p>	 <p>si</p>	<p><u>Rope height:</u> TRX middle rope position.</p> <p><u>Movement description:</u> Stand and perform a single-leg squat, extending the non-supporting leg straight forward.</p>

<p>Move ment 6</p>		<p><u>Rope height:</u> TRX middle rope position.</p> <p><u>Movement description:</u> Stand and perform a row, pulling the shoulder blades back and together.</p>	 <p>Extension</p>	<p><u>Rope height:</u> TRX middle rope position.</p> <p><u>Movement description:</u> Stand and alternate between a row and a T-extension.</p>	 <p>I-Bar Back Extension</p>	<p><u>Rope height:</u> TRX middle rope position.</p> <p><u>Movement description:</u> Keep the body parallel to the ground and perform a row.</p>
<p>Move ment 7</p>		<p><u>Rope height:</u> Stand below the anchor point, holding handles at shoulder height.</p> <p><u>Movement description:</u> Stand with feet shoulder-width apart, tighten the abdomen, and bend the elbows to bring them close to the ears.</p>		<p><u>Rope height:</u> Kneel below the anchor point, holding handles at shoulder height.</p> <p><u>Movement description:</u> Kneel with feet shoulder-width apart, hold the handles, tighten the abdomen, and lean the body forward to the limit.</p>		<p><u>Rope height:</u> TRX middle rope position.</p> <p><u>Movement description:</u> Maintain a neutral body position and perform a triceps dip.</p>



<p>Move ment 8</p>	 <p>sprinter's start</p>	<p><u>Rope height:</u> TRX middle rope position.</p> <p><u>Movement description:</u> Start in a lunge position, move the body forward, and bring the back foot forward to meet the front foot.</p>	 <p>Single Leg Sprint Start</p>	<p><u>Rope height:</u> TRX middle rope position.</p> <p><u>Movement description:</u> Start in a lunge position, move the body forward, and bring the back foot forward while bending the knee, shifting the weight forward and upward.</p>	 <p>Explosive Sprint Start</p>	<p><u>Rope height:</u> TRX middle rope position.</p> <p><u>Movement description:</u> Start in a lunge position, move the body forward, bring the back foot forward while bending the knee, and shift the weight forward and upward into a jump.</p>
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Time: A total of eight exercises, each performed for 40 seconds followed by 20 seconds of rest. Each exercise is repeated for three sets.