



Swiss ball Training Program

Why:	To improve core strength and stability, and athletic performance
What (material):	Swiss ball
Who provided:	Certified fitness trainer
How (mode of delivery; individual or group):	The Swiss Ball Training Program was delivered face-to-face in a group setting. Participants performed the exercises together under the supervision of a certified fitness trainer, who provided real-time feedback and guidance. The group environment fostered a supportive atmosphere, allowing participants to encourage each other while also receiving individualized attention as needed.
Where:	Functional training room
When and how much:	Participants engaged in the Swiss Ball Training Program twice a week, every Monday and Thursday from 17:30 to 18:30, over a period of eight weeks. Each session lasted 60 minutes and consisted of eight exercises. Each exercise was performed for 40 seconds, followed by 20 seconds of rest, and repeated for three sets. The program intensity progressed every three weeks, starting with basic exercises (Level 1), moving to intermediate exercises (Level 2), and concluding with advanced exercises (Level 3) during the final two weeks.
Tailoring:	Progressive difficulty levels and tailored instructions for each exercise.
Modification:	NA
How well (planned):	The program was designed to ensure high fidelity through structured sessions that included specific exercises tailored to different levels of difficulty. The progression from Level 1 to Level 3 was planned to gradually increase the participants' core strength and stability. The exercises were carefully selected to target different muscle groups and were intended to be performed with proper form under the guidance of a certified fitness trainer.
How well (actual):	Adherence to the Swiss Ball Training Program was monitored by the trainer, who ensured that participants attended sessions regularly and performed exercises correctly. The average number of sessions attended was closely monitored, with most participants completing the full eight-week program. Participants generally adhered well to the program, with any missed sessions or modifications being minimal and typically due to external factors such as minor injuries.