Mindluster Platform

About the course Swiss ball exercises for beginners

Swiss ball exercises course, in this course we will learn about Swiss ball exercises, which utilize stability balls to enhance strength, balance, and flexibility. Participants will explore a variety of exercises targeting different muscle groups, including core, upper body, and lower body. From basic movements to advanced techniques, this course offers comprehensive guidance on how to effectively use Swiss balls for improving overall fitness and functional strength. Additionally, participants will learn about the benefits of Swiss ball exercises for rehabilitation, injury prevention, and posture improvement. Whether you're a fitness enthusiast or a professional trainer, this course provides valuable insights and practical knowledge to incorporate Swiss ball exercises into your workout routine.

Medical Category's Courses

Course Lesson(17)

Lesson 1 : **Swiss Ball Core Back Strengthening Exercises Basic Ask Doctor Jo**

Lesson 2 : **10 Best Swiss Ball Exercises Basic Ask Doctor Jo**

Lesson 3 : **Exercise Ball for Core Back Strengthening Advanced Ask Doctor Jo**

Lesson 4 : **Swiss Ball Exercises for Beginners Ask Doctor Jo**

Lesson 5 : **Exercise Ball Core and Back Strengthening Exercises Moderate Ask Doctor Jo**

Lesson 6 : **10 Best Swiss Ball Exercises Moderate Ask Doctor Jo**

Lesson 7 : **Exercise Ball Basics**

Lesson 8 : **Swiss Ball Exercises Moderate Ask Doctor Jo**

Lesson 9 : **Swiss Ball Anterior Posterior Pelvic Tilts Ask Doctor Jo**

Lesson 10 : **Swiss Ball Exercises Advanced Ask Doctor Jo**

Lesson 11 : **Swiss Ball Crunches Ask Doctor Jo**

Lesson 12 : **Swiss Ball Hip Circles Ask Doctor Jo**

Lesson 13 : **Swiss Ball Bridge Ask Doctor Jo**

Lesson 14 : **Swiss Ball Prayer Core Plank Ask Doctor Jo**

Lesson 15 : **Swiss Ball Knee Extension Ask Doctor Jo**

Lesson 16 : **Swiss Ball Push Up Planks Ask Doctor Jo**

Lesson 17 : **Swiss Ball Proper Body Mechanics Ask Doctor Jo**

Related courses

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