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PHYSIO BALL LEG CURL (I)**SUMMARY**

The Physio Ball Leg Curl (I) is a functional training exercise, which focuses on improving the synergy of the neuro-muscular system, trunk stability, body control & coordination as well as improving skill & balance foundation for complex movements.

PURPOSE

1. Improving synergy of neuro-muscular system
2. Improving trunk stability for more efficient transfer of energy
3. Improving body control & coordination by enhancing stabilizers and gliding neutralizers
4. Improving skill and balance foundation for complex movements

DESCRIPTION

1. Place floor mat on the ground and lie down in supine position (face up); place physio ball in front of the feet
2. Extend knees and keep legs close together; move heels centered and on top of the physio ball; move arms out wide until shoulder is 90° horizontally abducted;
3. Elevate the trunk (hips) up high to neutral pelvic position (higher center of gravity)
4. Keep extending the hips and flex the knees
5. Keep trunk (hips) in elevated position and extend knees
6. Repeat

COMMON ERRORS

- Trunk elevation is low (low center of gravity)
- Head comes off the ground during motion
- Athlete loses balance

REQUIRED EQUIPMENT

- 1 Floor Matt
- 1 Physio Ball

RELEVANCE

- Results in more powerful stroke production on the court
- Results in overall change of direction (agility) improvements on the court

KEY FACTORS

- Focus on perfect movement mechanics and range of motion
- Maintain neutral pelvis position during movement
- Maintain stability

