

Level One: Stability Ball Squat

The stability ball squat is at level one as it uses the stability ball to maintain spinal alignment throughout the movement. It teaches the correct sequence of activation and if someone lacks core control to maintain a straight spine it allows them to perform the squat movement.



Target Muscles

Primary Muscles: gluteus maximus, quadriceps

Secondary Muscles: erector spinae, rectus abdominus, transverse abdominus, adductors, abductors, hamstrings

Teaching Points

- Place the stability ball between your lower back and the wall
- Feet shoulder width apart, slightly in-front of the body
- Engage your core muscles
- Bending at the knees lower down to the floor
- Squat down until the thighs are parallel
- Back should stay straight, with a slight lean forwards
- Allow the stability ball to roll up your back between the shoulder blades
- The weight should be on your heels
- Push up through the heels to return to the start

Look out for: knees turning in / out, heels coming off the floor, initiating movement through the knees, movement from the hip (upper body bends down / bows), shift laterally when pushing up

