



THE SWISS BALL AND ITS USE IN PHYSICAL EDUCATION

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Each Physical Education lesson begins by warming-up, a phase when the exercises must be nice and have to eliminate the tension accumulated during the other classes. The Swiss balloon actions allow us to notice the manner in which our body is capable of working in all three plans (forward, backwards, lateral). Before beginning training, it is especially important that we very well know the Swiss balloon exercises, for these not only solicit the great muscular groups, but also the deeper ones, not forgetting the muscles from around joints. The unstable surface of the Swiss balloon forces us to focus on the stabilizing muscles. If this condition is not fulfilled, we are not able to practice any exercise. Right before each particular execution, the muscles of the energy center must be contracted. (the area surrounding the basin, the back and the bottom). The balloon shapes are adapted to the natural curves of the backbone and through their unstable surface force the body to establish equilibrium and keep this state of balance, the moves being perfectly coordinated.

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