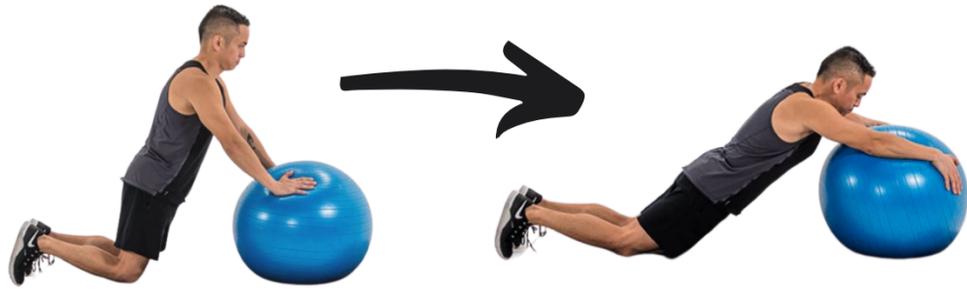


# Balance and Stability

Recommend three sets of 5-10  
(on each side)

**Stability Ball Rollout:** Place your hands on a stability ball and kneel with your knees hip-width apart and your toes on the floor for stability. Keeping your back flat and core braced, and without moving your knees, slowly roll forward so the ball comes to your forearms, until your body forms a straight line from your head to your knees. Pause, then roll back to the starting position.



**Stability Ball Twist:** Lie with your upper back on a stability ball and your feet flat on the floor with your knees bent at a 90 degree angle. Brace your core and keep your hips extended so your torso forms a straight line from head to knees.

- Extend your arms straight above your chest and press your palms together. This is your starting position.
- Rotate your torso to roll onto one shoulder as far as you can while raising the other from the ball. Your hips should stay square with the floor.
- Reverse the move to return to the starting position.
- Repeat, rolling onto the opposite shoulder



**Stability Ball "I-Y-T" Shoulder Raise:** Lay face-down with your stomach on a stability ball and your legs extended out straight behind you, digging your toes into the floor for support. Brace your core so that your body forms a straight line from head to heels.

- Let your arms hang straight toward the floor in front of you, holding your hands in fists with your thumbs up. Squeeze your shoulder blades down and away from your ears. This is your starting position.
- Leading with your thumbs, raise your arms straight up and close to your ears, keeping your shoulders pressed down. This is the "I" formation.
- Lower your arms down toward the floor, then lift your arms up again, but this time diagonally, making a "Y" formation.
- Lower your arms down toward the floor, then lift your arms straight out to your side to form a "T" formation with your palms facing the floor.
- The cycle of "I-Y-T" is one set. Make this move harder by holding a dumbbell in each hand.



## Stability Ball Wall Squat:

- Stand with your feet hip-width apart and a stability ball between the middle of your back and a wall. Your feet should be slightly in front of your body. This is your starting position.
- Bend your knees to roll your body down the ball until your thighs are parallel to the floor. Your knees should be in line with your middle toes.
- Pause, then press through your heels to return to starting position and repeat.



## Stability Ball V Pass:

- Lie with your back flat on the floor with your legs extended straight on the floor, holding a stability ball overhead with both hands.
- Brace your core to minimize any arch in your lower back. This is your starting position.
- Squeeze your abs to lift your arms and legs to place the ball between your calves, creating a "V" position.
- Lower back down to the starting position, but this time with the ball between your legs.
- Repeat the movement, passing the ball back and forth between your hands and legs.

