

EXERCISE BALL HOME EXERCISES

1

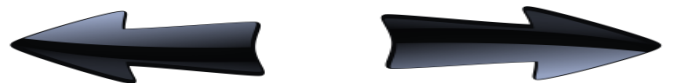


BALL BOUNCES (1)

Bounce up and down

Keep Head as stable as possible

2 minutes



SIDE ROCKS (2)

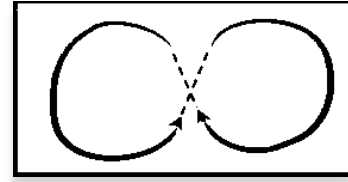
Rock hips side-to-side

Keep head as stable and stationary as possible

2 Minutes

EXERCISE BALL HOME EXERCISES

2



FORWARD/BACK (3)

Move hips in a forward/back motion

Keep head as stable and stationary as possible

2 Minutes



FIGURE 8(OR HOOLA HOOP) (4)

Move hips in figure 8 or a hoola-hoop shape

Keep head as stable and stationary as possible

2 minutes