

LET'S HAVE A BALL

This combination of movements gets some blood and energy moving as you practice balance and good posture.

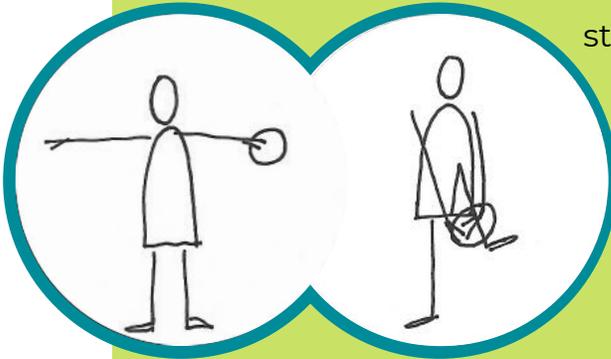
You'll need a medium-size ball or other object to squeeze.

Set a timer for 3-5 minutes. Do 10 repetitions of each movement and then start at the beginning until the time ends.



10 High Balls

stand tall, arms at shoulder height
hold the ball in one hand,
lift one leg, balance and pass
the ball under the lifted leg
to the opposite hand,
alternate legs for a total of
5 passes under each leg



WHAT'S HAPPENING?

- builds core + lower ab muscles for better posture + balance
- enhances hip flexors range of motion
- strengthens quads
- increases hand grip strength

10 Chair Balls

stand tall, arms parallel to the floor
place ball in between knees +
squeeze to keep in place,
keep torso upright as you lower down
as if you were sitting in a chair,
slowly rise back up to standing

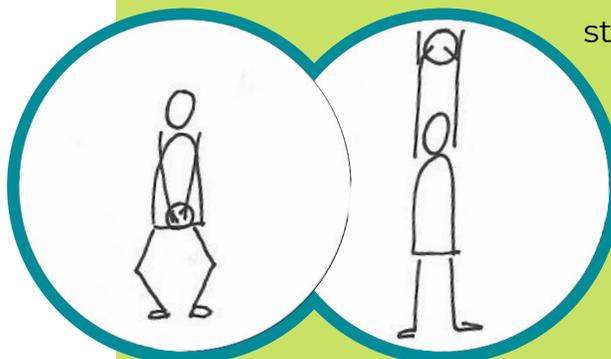


WHAT'S HAPPENING?

- builds inner and outer thigh strength
- builds core stability and balance
- strengthens glutes and quads

10 Sunrises

stand tall, arms down to hold ball
knees bent in a semi-squat,
lift arms up to overhead
as you straighten the legs.
straighten arms +
squeeze ball overhead
lower arms and repeat



WHAT'S HAPPENING?

- builds core stability
- increases shoulder range of motion
- increases quad strength
- increases hand grip strength
- supports good posture