

# 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.*

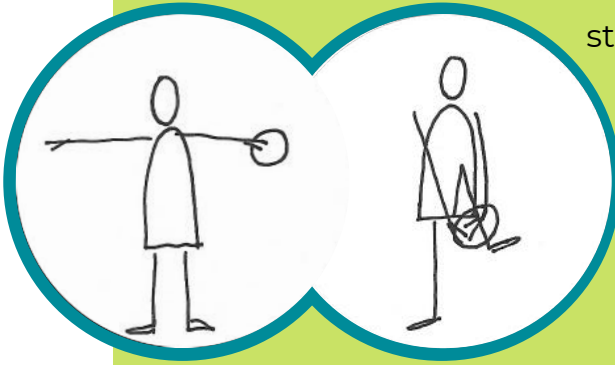


## 10 High Balls

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

