



## Supine On Ball Into A Squat

Purpose:

To increase balance and strength of the hips and abdominals.

Benefit:

This exercise improves the strength of your hips and dynamic stability.

Instructions:

Sit on a swiss ball. Roll downward until your shoulders and head are comfortably supported. Extend your hips upward by pushing through your heels, always making sure to keep the shins vertical. Lower your butt toward the floor, again keeping the shins vertical. This will encourage optimal recruitment of your buttocks.

Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_

