



Supine On Ball Single Leg Balance Into A Squat

Purpose:

An advanced exercise to increase balance and coordination while strengthening the hips and abdominals.

Benefit:

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

Instructions:

Sit on the swiss ball. Roll downward until your shoulders and head are comfortably supported. Extend one leg straight out in front of you. Extend your hips upward by pushing through your heel, always making sure to keep the shin vertical. Lower your butt toward the floor, again keeping the shin vertical. This will encourage optimal recruitment of your buttocks.

Quantity:

Reps _____ sets _____

