

PhysioBall Challenge #1 (1 minute each)

<p>Trunk Engager Hips on ball, hands on floor Roll ball side to side Going just to the point of falling off, then bring it back</p>	<p>Back Extension (partner assist) Partner holds your feet Put ball under your hips facing down Raise and lower upper body (arms crossed on chest) Keeping back straight Bend at the hips</p>
<p>Crunches Feet on floor, lower back on ball Upper body parallel to the floor Do crunches Do crunches with foot up at a time</p>	<p>Hamstring Curl Shoulders on floor, feet on ball Keep hips locked straight Pull the ball in by Bending Legs to 90 degrees Try using one leg at a time</p>
<p>Arm Extension Thighs on ball, hands on floor Roll ball back and forth by Extending the arms over the head</p>	<p>Side Bridge Lay on side with one leg on ball Other leg bent 90 degrees in front of ball Raise hips off floor using inner Thigh and core muscles Switch legs</p>
<p>Back Extension (partner assist) Partner holds your feet Put ball under your hips facing down Raise and lower upper body (arms crossed on chest) Keeping back straight Bend at the hips</p>	<p>Crunching Ball Pass Back on floor, ball between shins arms over head Do a crunch and pass the ball to your hands Do another crunch and pass ball to your shins Make sure to bring both to each other</p>
<p>Hamstring Curl Shoulders on floor, feet on ball Keep hips locked straight Pull the ball in by Bending Legs to 90 degrees Try using one leg at a time</p>	<p>Sitting Balance Sit on ball with back straight Start with arms and legs out Bring arms and legs in</p>
<p>Push ups Feet on ball, hands on floor Do pushups keeping hips locked</p> <p>Hands on ball, feet on floor Do push up (more difficult)</p>	<p>Kneeling Balance 1 knee and 2 hands on ball Switch to other knee</p>
<p>Low Ab Pulls Hands on floor, shins on ball Keeping hips in place, pull knees Into chest rolling ball forward Try using one leg at a time</p>	<p>Kneeling Balance 2 (partner assist) Kneeling on ball while sitting on heels Try kneeling upright without sitting</p>
<p>Marching Shoulders on floor, feet on ball Keep knees bent at 90 degrees Don't bend at hips Alternately straighten legs</p>	<p>Standing Balance (partner assist) Go from kneeling balance to one foot up Bring other foot up Start standing but squatting down Stand up fully Slowly do a squat</p>