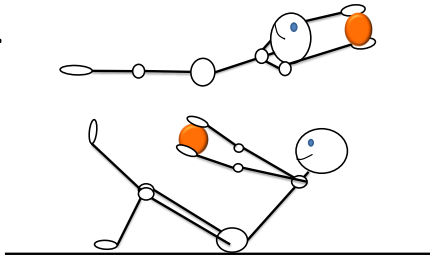


## Single Leg V-Ups

1

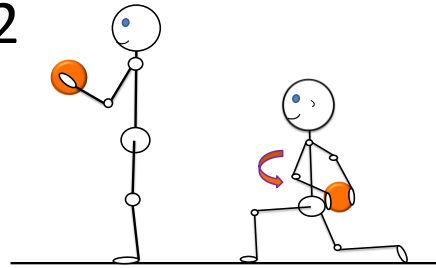


1. On the ground, extend your arms above your head.
2. Sit up bringing one leg and arms together.
3. Challenge: Lift both legs off the ground.



## Twisting Lunge

2

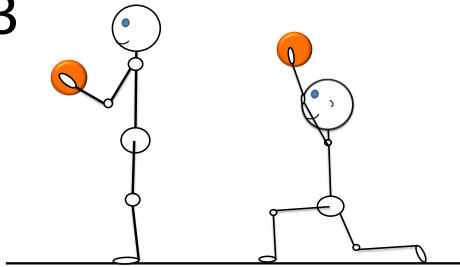


1. Begin with ball at belly button level.
2. Take a step forward with one leg.
3. Alternate legs and alternate sides of the body.
4. Keep knee from going over toes.



## Lunge Press

3

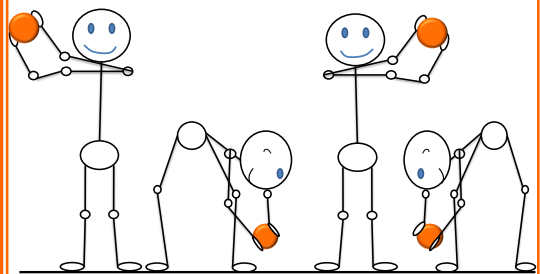


1. Begin with ball at belly button level.
2. Take a step forward with one leg and press ball in front and up of shoulders.
3. Alternate legs. Keep knee from going beyond toes.



## Figure 8's

4

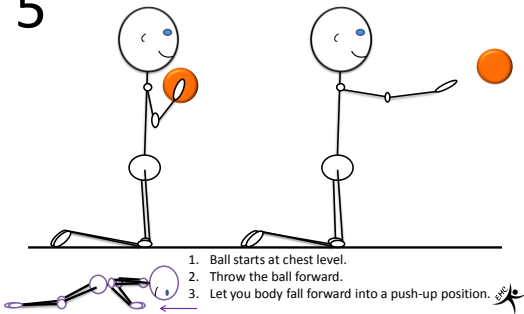


1. Begin with ball at ear level.
2. Move ball in a figure 8 pattern continuously.



## Knee Throw to Push-Up

5

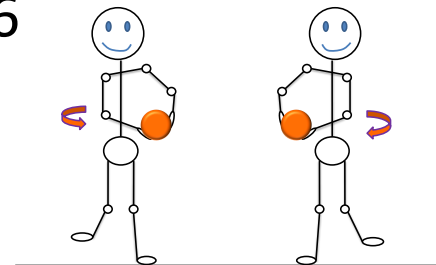


1. Ball starts at chest level.
2. Throw the ball forward.
3. Let your body fall forward into a push-up position.



## Single Leg Russian Twist

6



1. Begin with ball at belly button
2. Keep core tight and move ball to the right and then left or your hip.

