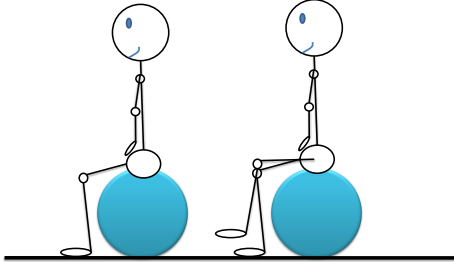


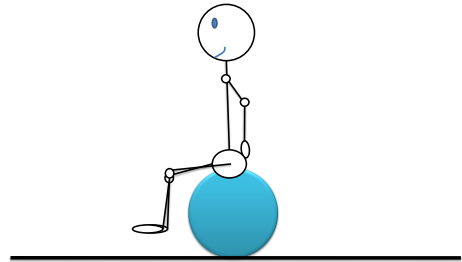
Seated March



1. Sit on the ball with the spine straight and abs engaged.
2. Begin a slow march by alternating right foot then left foot.
3. Challenge: lift knees higher or march faster.



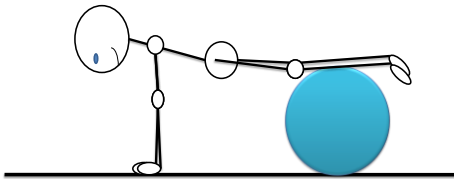
Seated Balance



1. Sit on the ball with the spine straight and abs engaged.
2. Place hands on the ball and lift feet off the ground.
3. Challenge: Place hands behind head.



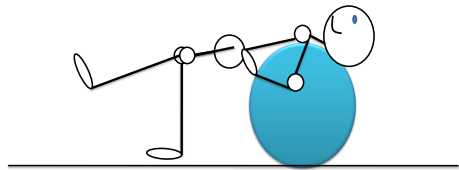
Balance Plank



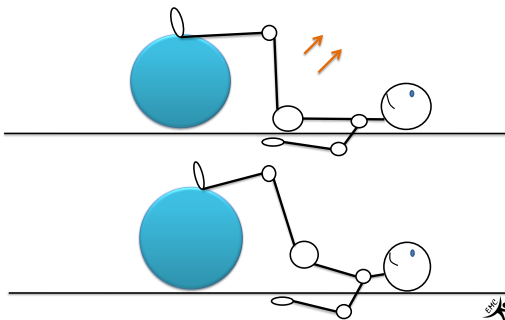
1. Keep your back straight and your abs engaged.
2. Try to balance on the ball.
3. Challenge: Walk your hands forward so your toes are on the ball.



TABLE TOP W/LEG EXTENSION



KNEE BENT BRIDGE



Back Extension

