



Ball on the Wall

Stand with your back to a wall or corner. Place the ball behind the small of your back. Press your back into the ball and tighten your core. Slowly bend your knee and lower your body into a shallow squat. The ball will roll behind you. Keep your eyes on your toes and Do not allow your knees to block the view of your toes! Roll back up into standing and repeat 8 - 15 times, as able.

Why? Requires more balance than a common squat. Improves core strength and awareness.