

Active Health Solutions

Knee on Ball



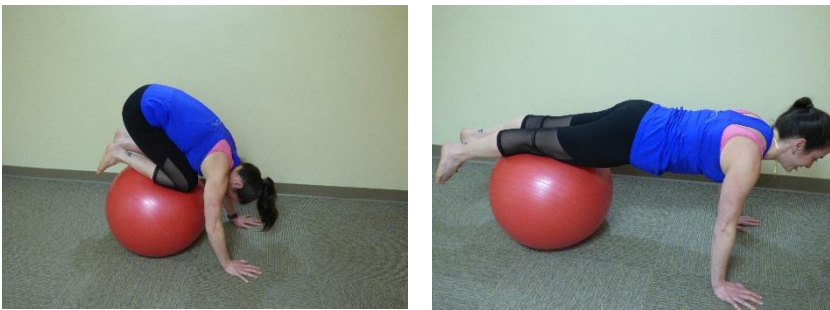
Make sure you...

- Maintain neutral pelvis
- Maintain abdominal bracing/kegel
- BREATHE
- Drop down to an easier step if you cannot maintain proper form.
- Do the exercise slowly
- STOP if pain is aggravated, but muscle burn is OK
- Avoid chin poking

	Repetitions
	Sets
	Second Hold
	Times per day/week



1. Knees on ball and hands on the floor close to the ball, perform pelvic circles.
2. Move hands farther away from the ball, perform pelvic circles.



3. From the tuck position, extend legs straight.



4. See-Saw: With quadriceps (front, upper leg) on the ball raise and lower upper body (push up).
5. Add a straight leg lift along with the push up. Alternate leg lifts.