

Active Health Solutions

Squats with Ball on Wall



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. Starting position: Stand with feet spread hip width apart and toes pointing forward with back to wall. Place ball between back and wall. Be sure not to lean backward against the ball. Tighten abdominal muscles to stabilize hips.

2. Wall slide with lower back reclined against ball and slight anterior pelvic tilt.



3. Perform with a weight in hands: as legs extend, gradually raise the weight overhead. When the arms reach horizontal, transition from an anterior to posterior pelvic tilt.



4. Perform a squat with one foot on the floor. One legged squats may not be as deep.