Active Health Solutions

Knee on Ball



- 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
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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.