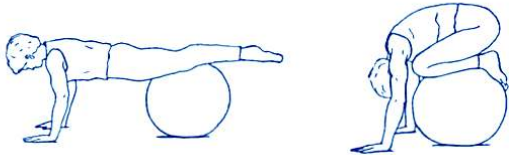




## Total Body Flexion

Core Control CC-7

Walk out until knees are on top of the ball. Pull in stomach, lift hips and bend knees. Roll ball forward underneath trunk until shins rest on ball. Trunk is in full flexion. Straighten knees and return to start. Repeat.

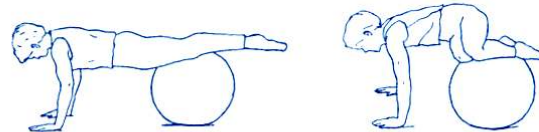


Hold 5 Seconds, Repeat 5-10 Times  
Do 1-2 Times/day

## Prone Skier

Core Control CC-8

Walk out until knees are on top of the ball. Keep shoulders parallel to the floor and lift hips while pulling knees under trunk on a diagonal aimed towards underarm. Reverse by straightening knees and returning to start position. Repeat to other side.



Repeat 5-10 Times  
Do 1-2 Times/day

## Total Body Extension

Core Control CC-9

Walk out until knees are on top of the ball. Press hands into floor and lift feet as body pushes back (do not move hands). Push ball up body by tightening abdominal muscles until ball is under and supporting pelvis. Return to starting position (do not let back sag).

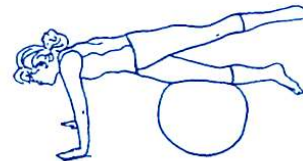


Hold 5 Seconds, Repeat 5-10 Times  
Do 1-2 Times/day

## Hip Twister

Core Control CC-10

Walk out as far as strength/balance allow. With shoulders parallel to the floor, let ball roll under leg while turning hips and lifting upper leg. Slowly reverse to return to starting position and repeat to other side.



Hold 5 Seconds, Repeat 5-10 Times  
Do 1-2 Times/day

## Table Top Supine

Core Control CC-11

Walk feet out while leaning backwards and rolling ball up back until it is under head and neck (as if on a pillow). Lift straight arms over head so they are in a straight line with body when fully supine. Hold. Reverse by walking feet backward and curling trunk up to sitting. Repeat.



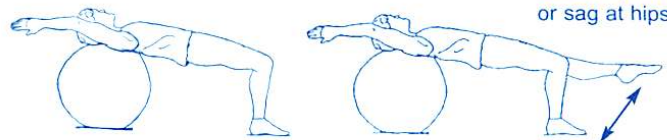
Do not over-extend spine or sag at hips.

Repeat 5-10 Times, Do 1-2 Times/day

## Advanced Table Top Supine

Core Control CC-12

Walk feet out while leaning backwards and rolling ball up back until it is under head and neck (as if on a pillow). Lift straight arms over head so they are in a straight line with body when fully supine. Pick up one foot by straightening knee until leg is parallel with floor. Write alphabet with foot. Return and switch legs.



Do not over-extend spine or sag at hips.

Repeat 5-10 Times, Do 1-2 Times/day