**Ball Hug**

Lift ball off lap until hands are even with shoulders and hug ball to chest. Hold. Lower to starting position. Repeat.

**Gentle Truck Isometric - Supine**

Place the ball close to wall and lie down next to it with knees bent and feet on the floor. Adjust ball so that it is lightly pressed between the wall and knees. If no wall is available, use hand to hold ball at side. Press knees against ball as firmly as comfortable. Hold. Relax and repeat. Switch.

**Prone Walk-Out**

Lie trunk over ball with hands on the floor under shoulders. Walk out hands letting ball roll down body. Walk out as far as strength and balance allow and return to starting position. Keep spine in optimal posture by tightening abdominals and buttocks.

**Push-Up**

Walk out as far as strength and balance allow. Lower body by bending elbows while balancing on the ball. Push up by straightening elbows. Repeat. Keep spine still by tightening abdominal and buttock muscles.

**Advanced Push-Up**

Controlling ball, bend arms and lower trunk as far as possible without losing balance. Straighten arms and return to starting position. Repeat.

**Log Roll**

Walk out on ball so that ball is under legs. Move ball by swaying hips and legs as far as possible to one side without losing balance. Repeat to other side.