

Physioball Walkout

Starting position:

A push up position with the ball under the front of your hips/stomach and your legs extended.

Movement:

Keeping your arms straight, tighten your core and walk out away from the ball on your hands until the ball is under the front of your lower legs. Return to starting position by walking your hands backward.

Perform ____ Reps ____ Sets ____ Times a day



Physioball Walkout with Push-up

Starting position:

A push up position with the ball under the front of your hips/stomach and your legs extended.

Movement:

Keeping your arms straight, tighten your core and walk out away from the ball on your hands until the ball is under the front of your lower legs. Perform a push up. Return to starting position by walking your hands backward.

Perform ____ Reps ____ Sets ____ Times a day