



### **Seated Diagonal Lift on Physioball**

#### **Starting position:**

Sitting on physioball with feet shoulder width apart and good back posture.

#### **Movement:**

Keeping your arms straight, tighten your core and lift up and across your body in a diagonal pattern. Follow your hands with your eyes and head. Slowly return to starting position.

**Perform** \_\_\_\_ **Reps** \_\_\_\_ **Sets** \_\_\_\_ **X/day**

**Resistance:** \_\_\_\_\_

### **Seated Diagonal Chop on Physioball**

#### **Starting position:**

Sitting on physioball with feet shoulder width apart and good back posture.

#### **Movement:**

Keeping your arms straight, tighten your core and pull down and across your body in a diagonal pattern. Follow your hands with your head. Slowly return to starting position.

**Perform** \_\_\_\_ **Reps** \_\_\_\_ **Sets** \_\_\_\_ **X/day**

**Resistance:** \_\_\_\_\_