



**Seated Core Stability with Physioball**  
**Starting position:**

Seated on a ball with hips and knees bent to 90 degrees and feet shoulder width apart.

**Movement:**

- A) Tighten your core and lift one knee up in the air. Slowly return to starting position.
- B) Tighten your core and extend one leg forward. Slowly return to starting position.
- C) Tighten your core and lift one knee and the opposite arm up in the air. Slowly return to starting position.

**Perform: A B C all**

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