



## **Supine Core Stability with Physioball**

### **Starting position:**

On your back with the physioball under your shoulder blades, hips extended and knees bent to 90 degrees.

### **Movement:**

Tighten your core and slowly extend one knee, keeping your hips extended and your body straight. Slowly return to starting position.

*\*You can also try the same exercise but instead of extending knee, try to march in place keeping core tight and hips stable.*

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

## **Supine Walkout with Physioball**

### **Starting position:**

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

### **Movement:**

Tighten your core and slowly walk your feet out, performing a reverse crunch motion until you are on your back with the physioball under your shoulder blades, hips extended and knees bent to 90 degrees. Slowly return to starting position.

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

