

Phase I

Stability Ball Exercises

(2 minutes for each exercise)

Done Daily



<http://img2.timeinc.net/health/images/slideshows/basic-bounce-400x400.jpg>

1. **Bounce** up and down on the ball with your **arms down** towards the floor. Do not hold on to the ball.
2. **Bounce** up and down on the ball while **moving your hips** in a **clockwise** direction
3. **Bounce** up and down on the ball while **moving your hips** in **counterclockwise** direction
4. **Bounce** up and down on the ball while **pumping your arms** as if you are running in place
5. **Bounce** up and down on the ball with your arms back at your sides and **march in place**
6. **Bounce** up and down on the ball while **lifting your right arm** and **left leg** then **alternate** lifting your left arm and right leg