



Hot Potato

1a. Stand with feet wide apart. Bend from hips and knees, keeping spine straight. Quickly toss the ball from hand to hand. Keep elbows straight.

1b. Move from high to low position and up again. Repeat \_\_\_ times.

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Pushwaiver

2a. Stand with wide base of support, soft knees and neutral spine. Start with elbow bent 90° and arm across body. Rotate shoulder to hold arm out in front of you.

2b. Lift ball to shoulder height and rotate hand so that fingers are pointing back.

2c. Lift ball overhead by first straightening the elbow then lifting the shoulder blade. Reverse pattern to return to starting position. Repeat \_\_\_ times.

