

1a. Perform this exercise on a non-slippery surface. Sit on the edge of the physioball, facing the wall. Roll your body down the ball and raise one leg at a time, placing the soles of the feet in a V position on the wall so that your hip, knee and foot are all in alignment. The ball should rest in the small of your back and you should feel stable. As you exhale, release the buttocks out towards the wall to feel a stretch in the back of the thighs.

1b. As you exhale, push away from the wall, so that the knees extend but don't lock. Engage your abdominals to maintain the spine in a neutral position.

1c. Extend one leg straight up the wall in the same V direction, keeping the opposite knee bent. Alternate legs and repeat.



Wall Press, Jackhammer, Roll-Up

2a. Stand with hands on the wall at shoulder level and feet shoulder width apart. Bend knees as you tuck your tailbone under.

2b. Roll your chin to your chest, rounding your back. As you round your back away from the wall, press into your hands, slowly pushing away from the wall.

Hold ___ sec Repeat ___ times

580 Market
Street, Suite 200
San Francisco, CA
94104
P: 415-788-2100
F: 415-788-2102