



Tic Tac Toe

Stand on your left foot with your toe pointing straight forward, knee bent, and hip perpendicular to the left foot. Draw your navel to your spine to help keep your hips stable and still as you tap the right foot on the floor from the front around to the back and forward again. Repeat _____ times and then repeat standing on the right foot. Do _____ sets

Walk outs on Physioball

Start with your hips on the ball, hands on the floor and legs straight in the air behind you. Draw your navel and ribs towards your spine, pull shoulders down your back and press your body and head away from the floor as much as possible by scooping the bottom of . Maintain this body alignment as you walk your hands forward till your feet are on the ball. Then slowly walk hands back to starting position. Rest, repeat _____times.