

## Ball Seated Rows

While seated on an exercise ball, pull back on an elastic band with both arms as you bend your elbows.

Maintain erect posture the entire time.

Repeat 10 times  
Complete 3 sets

Hold 1 second  
Perform 3 times a week

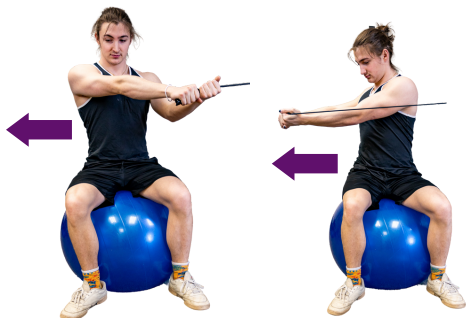


## Ball Back Extension

Sitting on the ball bent over your knees pull the band in towards you then while keeping the bands tight extend your back.

Repeat 10 times  
Complete 3 sets

Hold 1 second  
Perform 3 times a week



## Ball Rotation

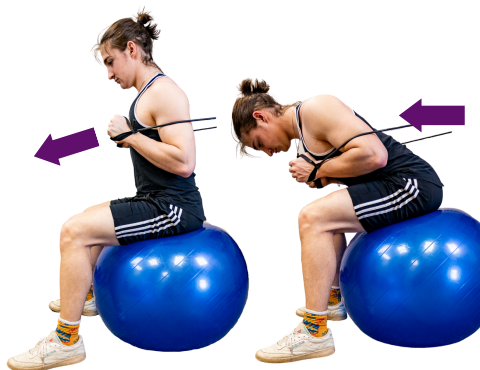
While seated on an exercise ball, hold an elastic band with both arms extended out in front of your chest. Next, turn to the side as you rotate your trunk. Your arms should be extended and in front of your chest the entire time.

The elastic band should be anchored to the side of your body.

To increase your stability, try the same movement with your feet and knees together, or try to do it with only 1 foot on the ground and the other foot lifted off the floor.

Repeat 10 times  
Complete 3 sets

Hold 1 second  
Perform 3 times a week



## Ball Crunch

Sitting up straight on the ball with the band above your shoulders crunch forward towards your knees.

Repeat 10 times  
Complete 3 sets

Hold 1 second  
Perform 3 times a week



## ½ Kneeling Chop with Band

While maintaining a half-kneeling position with your inside leg on the ground, pull the band across the body into the outside leg's pocket.

Maintain the core engaged as you pull the band and try not to rotate torso to the side.

Repeat 10 times  
Complete 3 sets

Hold 1 second  
Perform 3 times a week