EXERCISE BALL - SEATED
ALTERNATE ARMS & LEGS

DIFFICULTY: MODERATE - REQUIRES BALANCE AND EXERCISE BALL
TYPE: CONDITIONING
GOAL: CORE STRENGTH

PROCEDURE
1. While sitting upright on an exercise ball, contract your deep abdominal muscles.
2. Raise one arm and the opposite leg as shown. Hold for two seconds.
3. Lower your arm and leg, then raise the opposite arm and leg and hold for two seconds.
4. Repeat 10 times.
5. Complete 1 set 4 times a week.

There’s no shame in being human