

1. Stability ball circuit 03085



2-5 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets. Complete sets or until your technique is negative affected.

2. Side prone side stabilization 02527



2-5 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets. Complete sets or until your technique is negative affected.

3. Side lying stabilization hip abduction 03968



2-4 sets. Build up to 10-15 reps per leg. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets. Complete sets until your technique is negative affected.

4. Stability ball bridging 04179



2-4 sets. Build up to 10-15 reps per leg. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets. Complete sets until your technique is negative affected.

5. Stability ball back extension 00838



2-4 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets. Complete sets or until your technique is negative affected.

6. Prone stability ball rotation 03875



2-5 sets. Build up to 8-10 rotations either side. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets. Complete sets or until your technique is negative affected.