

D. Ball Module

Basic Positions

- Bridge

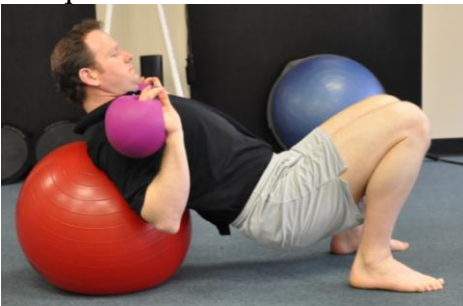


- Plank



1. Warm-up

a. Squat and reach



b. side lift



c. side to side

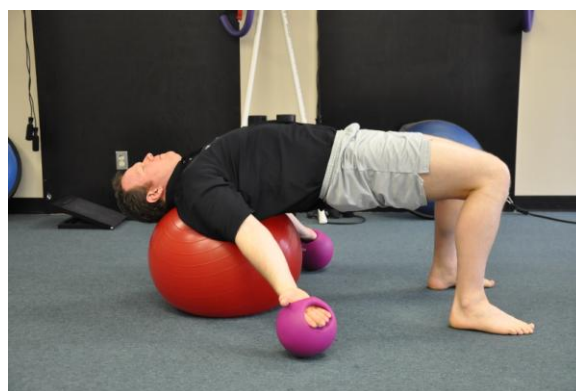


2. Upper Body Series

a. High Lifts



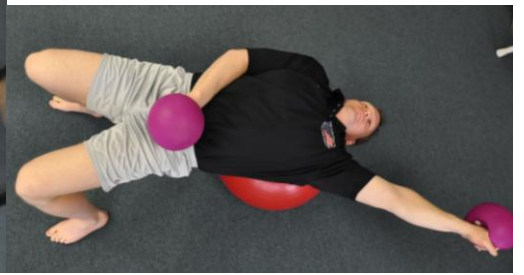
b. Low Lifts



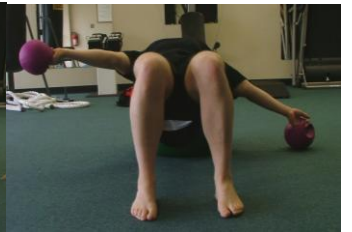
c. Back Lifts



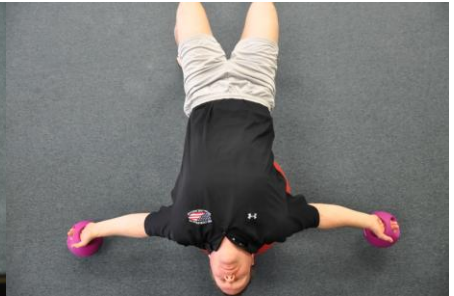
d. Sword Pull



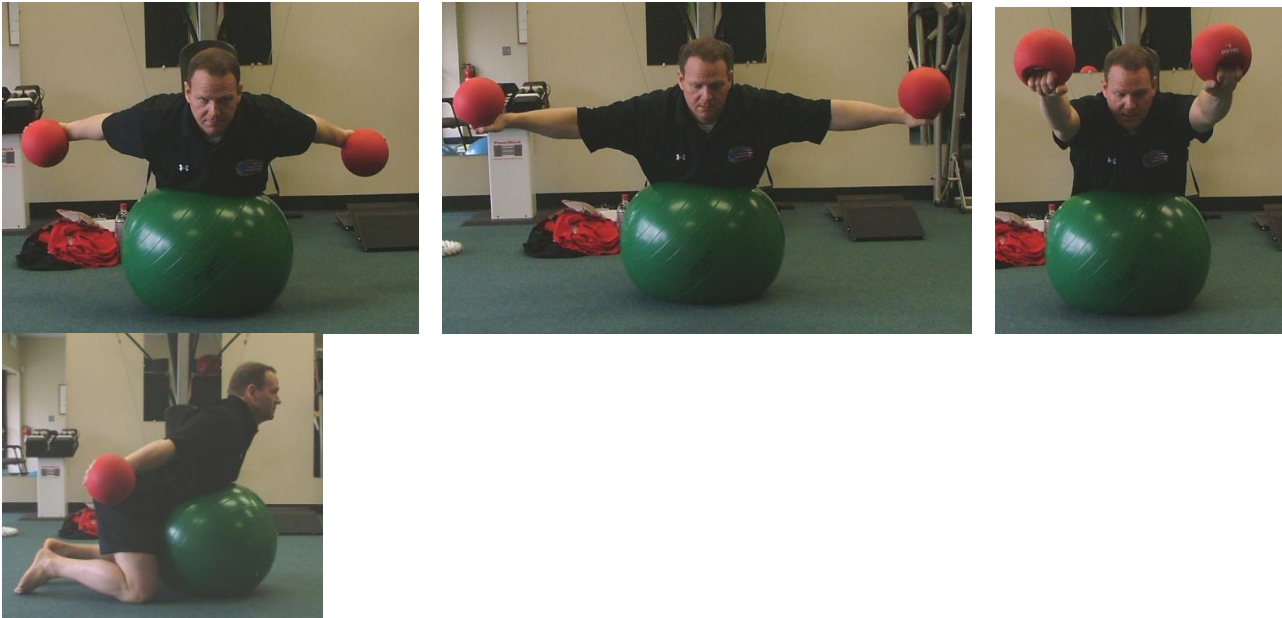
e. Arm Circles



f. Cross-overs

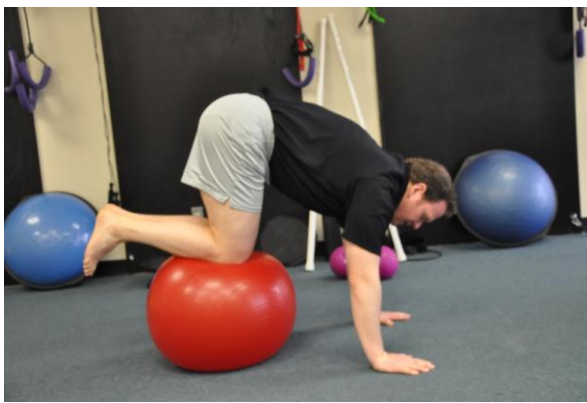


g. Swimmers

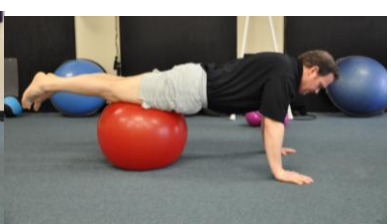


3. Lower Body Series

a. Knee side to side



b. Knee circles



c. Scissors



d. V-Ups



4. Hip Series

a. Kickbacks



b. Side Lifts



c. Hip Circles

