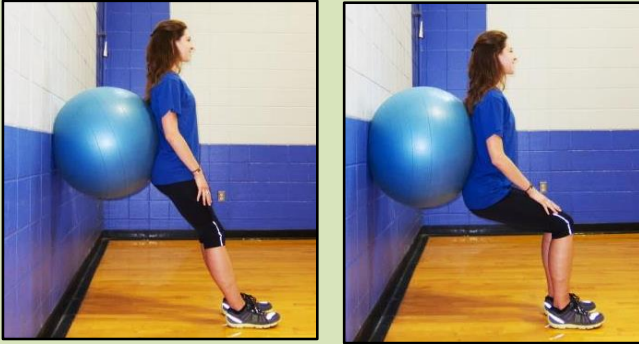
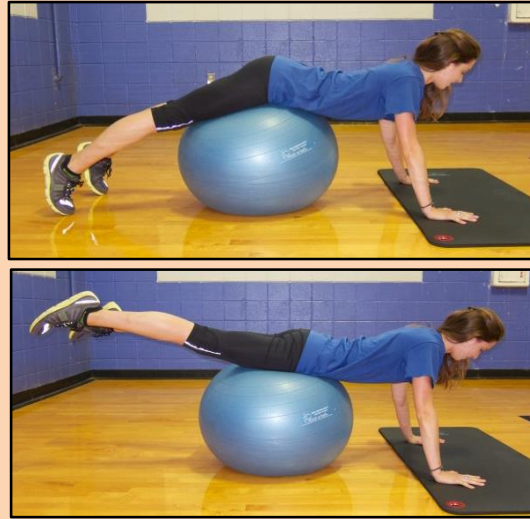


Stability Ball Exercises

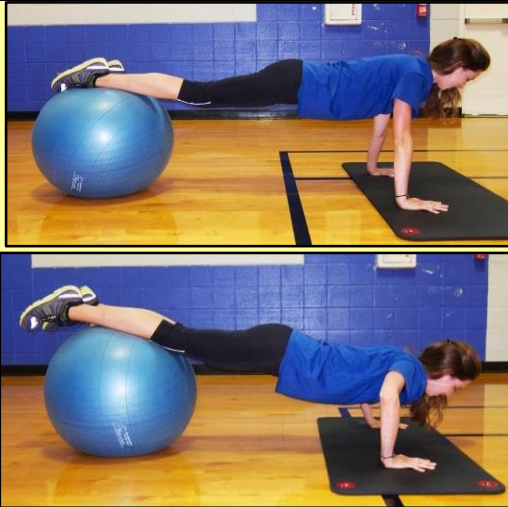
Wall Squats



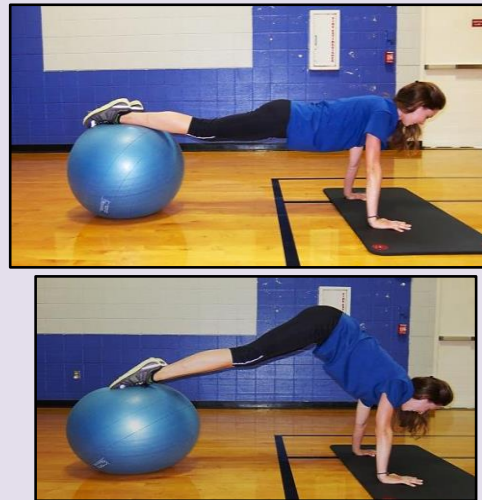
Prone Leg Lifts



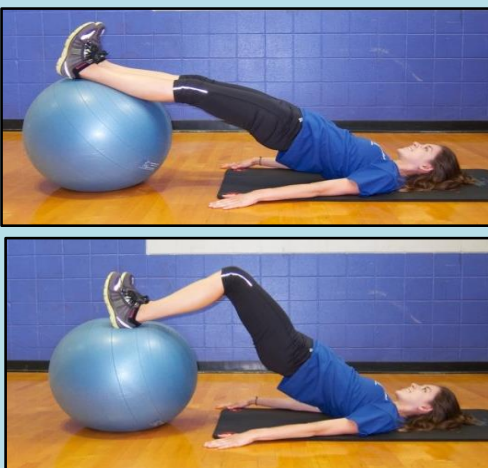
Push-Ups



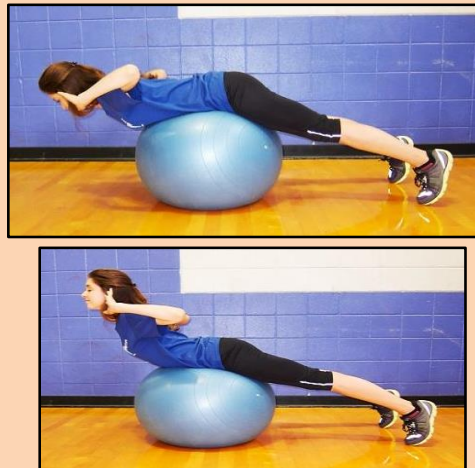
Jack Knife



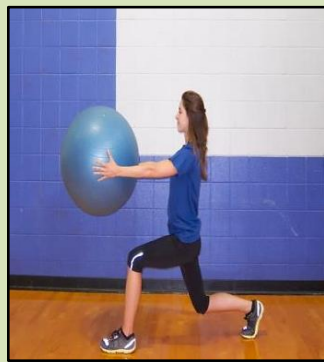
Hamstring Curls



Back Extensions



Lunges



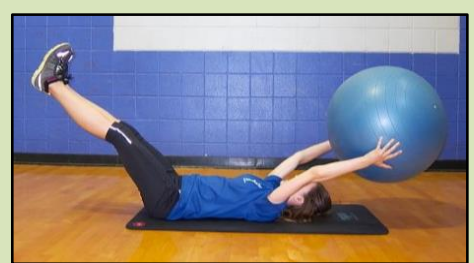
Squats



V-Ups (Beginner)



V-Ups (Advanced)



Plank



Figure 8

