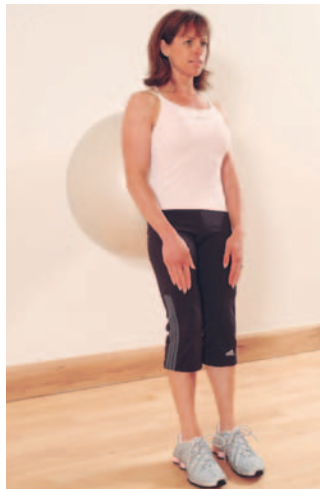


# squat with the ball

**target muscles:** bottom, front of thigh, back of thigh, inner thigh

## *starting position*

1. Put an exercise ball just behind you against a wall. Stand with your lower back firmly against it.
2. Position your feet shoulder-width apart, slightly further forward than your shoulders.
3. Cross your arms over your chest.



## *movement*

1. Slowly bend your knees to roll the ball down the wall. Lower until your thighs are parallel to the ground, maintaining the normal arch in your spine.
2. Pressing through your heels, raise yourself back up again as you straighten your legs.



## TIPS

- Keep the normal curve in your spine by contracting your abdominals.
- Look directly ahead.

**Level 1:** 10–12 reps  
**Level 2:** 15–20 reps