

Squat with Ball



- Place ball behind the small of your back
- Stand with feet shoulder width apart and about one to two feet in front of you. Allow yours to lean into the ball. View picture above.
- Squat down and allow your lower back to roll down along the ball by forcing your glutes back.
- Stop squatting when lower back starts to come off the ball.
- Hold squat position for 2 – 3 seconds.
- Stand back up and return to starting position.

- Frequency of activation.
 - 5 – 10 reps twice a day