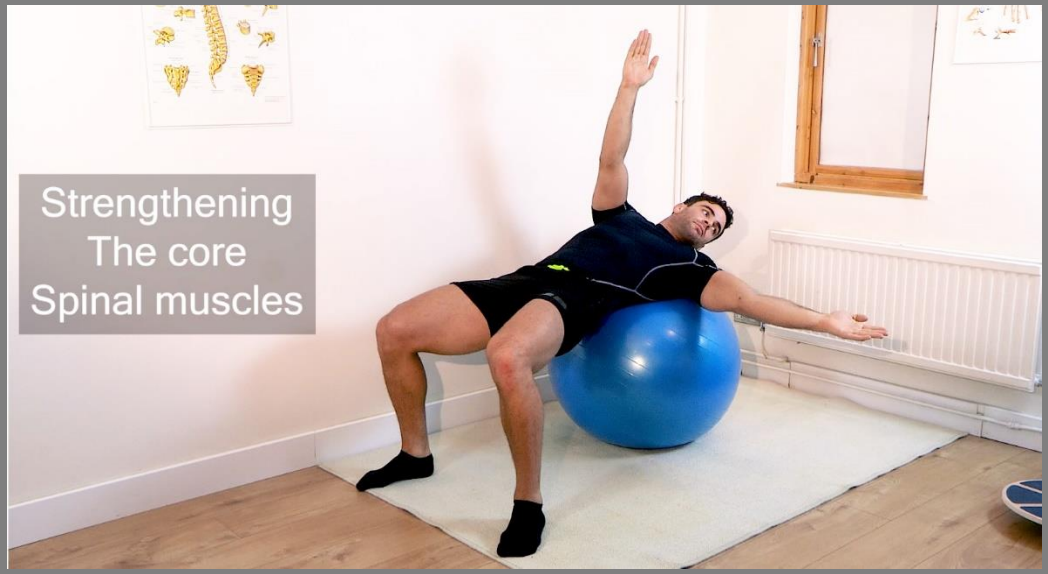
CORE STRENGTH (Using an exercise ball)

CORE116b



AREAS AFFECTED	ADVICE
The core Spinal muscles Shoulders	**Place a large exercise ball under your upper spine and support lower body on your feet. Clasp your outstretched hands then slowly rotate them from side-to-side.**