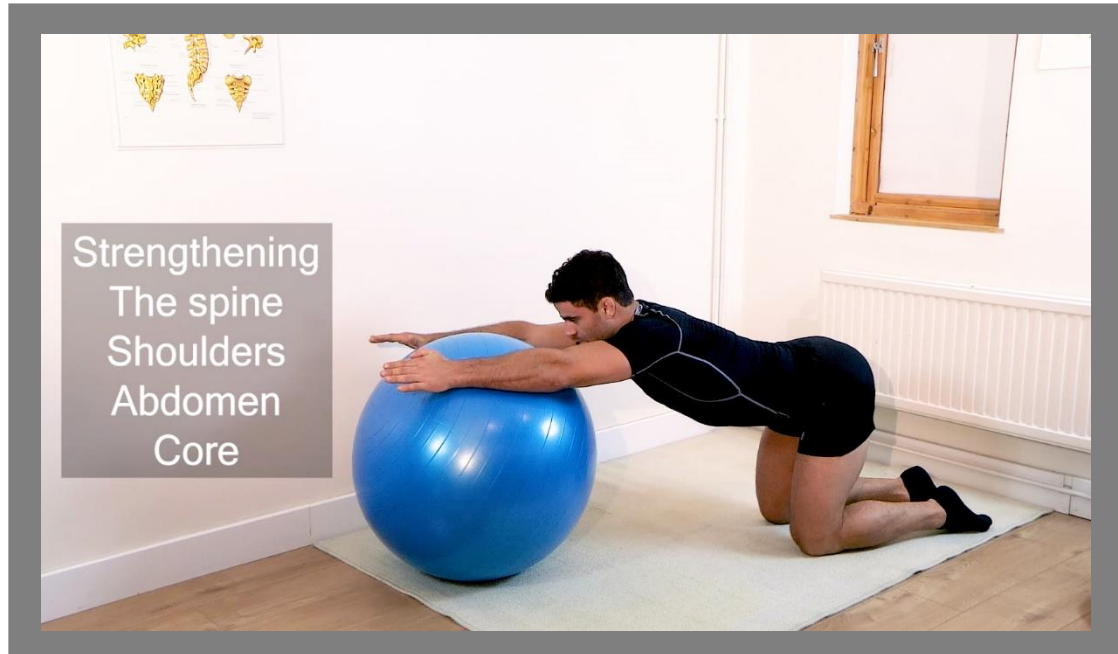


CORE STRENGTH (Using an exercise ball)

CORE116b



AREAS AFFECTED	ADVICE
The core Spinal muscles Shoulders	Kneel on a mat and hold onto a large exercise ball. Roll the ball as far away as you can and control it, pause, then roll it back. Repeat.