

Seated Balance Work

- Begin seated in **neutral position**
- Thighs will be parallel with the floor.
- Sit midway to the front of the ball and make sure you have a 90 degree angle between your knees and your thighs
- Tuck your pelvis in, contracting your core
- Bring your shoulder blades back and down with your ears over the shoulders.
- Bring your chin back and look up slightly
- 2 minute reps with 4 sets is goal. Start with 2-3 sets and work your way up to 2 minutes with good form/posture.

**Once you have mastered neutral position while sitting on the ball, place a dina disc or a wobble board underneath your feet. This extra instability will make your pelvis work harder. Remember, with the pelvis forward slightly, you are engaging your abdominal area. Hands will be by your sides with palms facing forward.*

