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Standing Ball Roll

- Before moving**, engage navel to spine
- Perform a 'hip hinge' so that the position in the 1st picture is gained
- Roll ball away from body using fingertips then forearms so that the 'plank' position is gained (2nd picture)
- Hold for count of ten
- Return to start position by reversing movement
- Breath normally throughout

Engage transverse abdominals throughout ('navel to spine')

Easier: Kneeling Ball Roll

Harder: Move as **slowly** as possible through each stage. The slower you move, the harder the exercise!
Perform a leg lift when in the plank position

