

Exercise of the Month



Partner Exercise

Purpose: Improve Core Strength

Target Muscles: Rectus Abdominis, Erector Spinae, Hip flexors, Glutes, Hamstrings, and Quadriceps.

Equipment Needed: Stability Ball

Start/Movement:

- Position the partners to face each other. Have each person place his or her right hand onto the stability ball and hold the ball at shoulder height. This requires contracting the core and the stabilizing the arm. Bend the knees and lower into a squat position.
- Instruct both partners to squat walk laterally in one direction. Switch to holding the ball in the left hand and squat-walk laterally in the other direction

