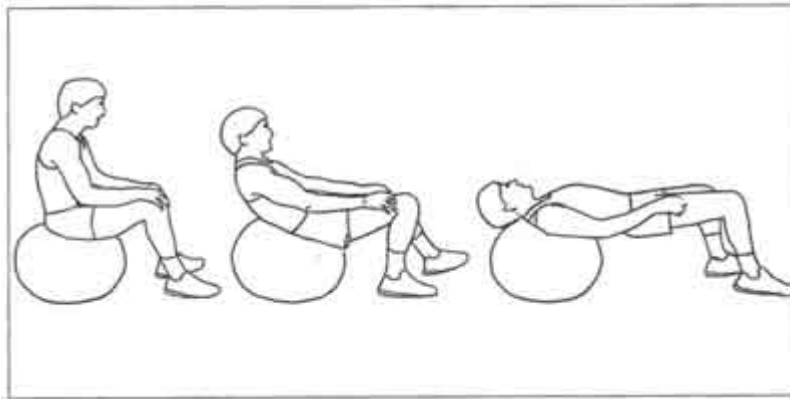




# Perfect Fit Personal Training<sup>SM</sup> & Get Fit Boot Camp<sup>SM</sup>

## Back Walkout - exerball



### Key Points

1. Don't raise your head.
2. Move in a slow controlled manner.
3. Don't bounce on the ball.
4. Use the correct ball size
5. Give yourself plenty of room.

### Instructions:

1. Sit on the ball, arms on knees
2. Slowly walk your feet forward.
3. Let the ball roll under your back as you lower your back to horizontal.
4. Slowly walk your feet backward and return to the sitting position.