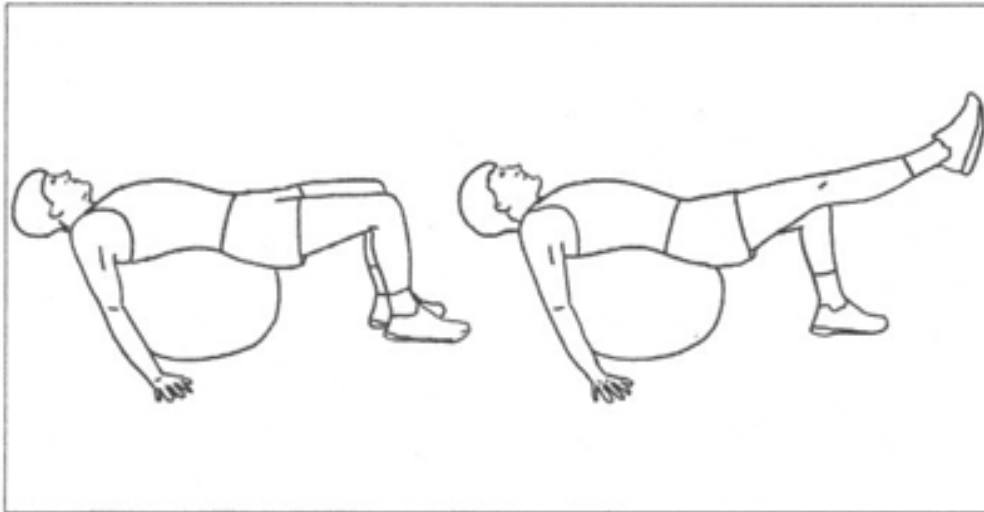




# Perfect Fit Personal Training<sup>SM</sup> & Get Fit Boot Camp<sup>SM</sup>

## Knee Extension - exerball



### Knee Extension stability ball

#### Key Points

1. Move in a slow, controlled manner.
2. Don't bounce on the ball and use correct ball size, ball size is according to your height.
3. Give yourself plenty of room.

#### Instructions:

1. Sit on the ball with hands on ball next to hips, feet flat on the floor. Take small steps forward and roll the ball to the lower back, roll back enough to support the neck. Hands can be put on ground for support if needed, knees bent, feet flat on the floor and torso horizontal like a table top.
2. Keep hips raised and torso tight and straight, extend one knee to straighten leg, keeping the knee in a fixed position.
3. Do all reps on same side then switch legs.