

Ball Rodeo

- Using the wall, table, or a countertop, steady yourself with your hands and kneel on top of an exercise ball.
- As you are able to relax into a balanced position, pull your hands away from your supporting surface and balance.
- With greater control, you may try turning your head from side to side, moving your arms in front of you and overhead, bouncing a ball, or pulling a resistance band.
- Perform until fatigued.

