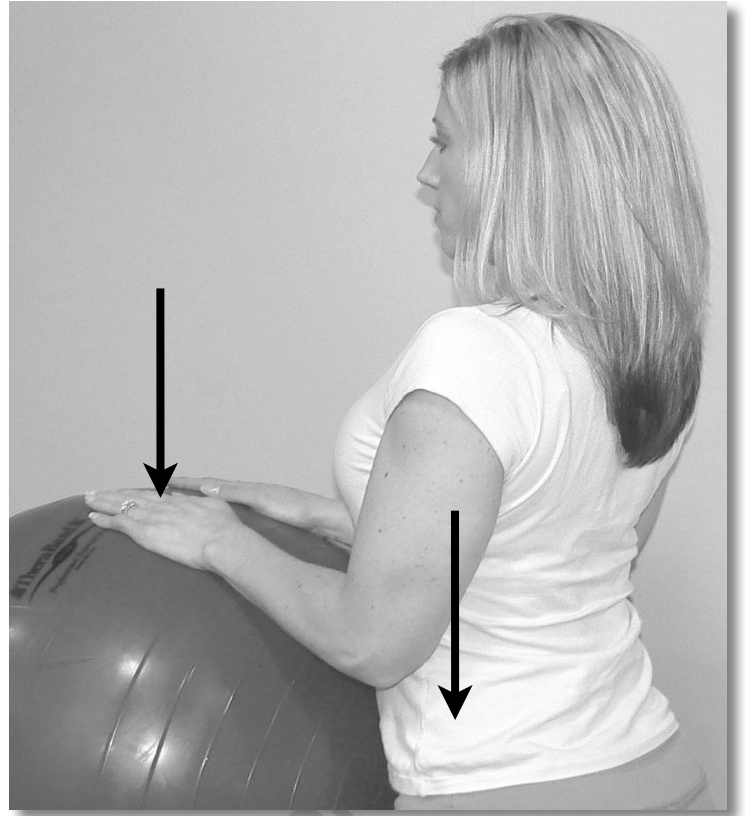


# Ball Press Downs

- Place your hands atop a ball or large pillow on an elevated surface at a height that allows your hands to be between your bust line and naval.
- Press down on the ball without hiking your shoulders up toward your ears.
- Do not lean forward.
- Keep your neck relaxed and your knees unlocked.
- Hold 5 seconds and repeat 20 times.



Mission Physical Therapy