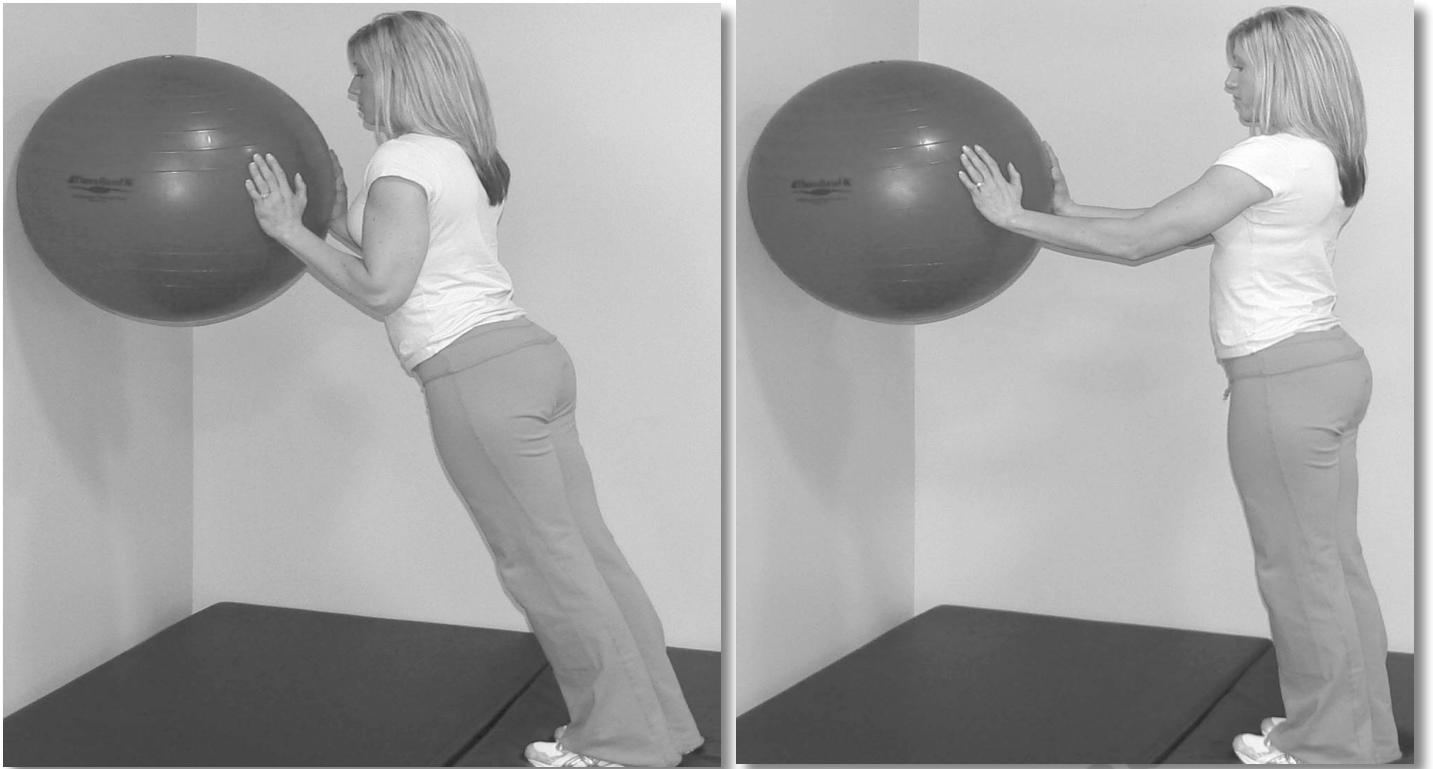


Ball Pushups: Wall



- Place an exercise ball against a wall at chest height with your hands and feet shoulder-width apart.
- Move your chest toward and then push away from the ball.
- Keep your shoulders relaxed and chin slightly tucked. Do not arch your back.
- Repeat 20 times or until fatigue, whichever comes first.
- Progress by placing the ball on a lower surface, closing your eyes, and/or performing while standing on one foot.