

# Ball Swimmer



- Lie on an exercise ball and lift an arm and your opposite leg as pictured.
- Lower to the starting position, and repeat for the opposite sides.
- Repeat 20 times.
- Be sure not to lift your arms or legs too high. Rather, try lengthening your body by reaching with your hand and opposite foot toward opposite sides of the room.
- Increase difficulty by closing your eyes, or lifting both hands and one leg.

Mission Physical Therapy