

# Ball Walkouts



- Kneeling down in front of an exercise ball, lay your chest over the ball with your hands supporting you on the floor.
- Walk yourself forward on your hands keeping them beneath your shoulders.
- Keep your abs tight and do not “sag” your hips or twist your trunk as you move.
- Go as far forward as you can *with proper form and without pain or discomfort.*
- Reverse your “walk” and return to the starting position.
- Repeat until fatigue.