

BODY BALL EXERCISES

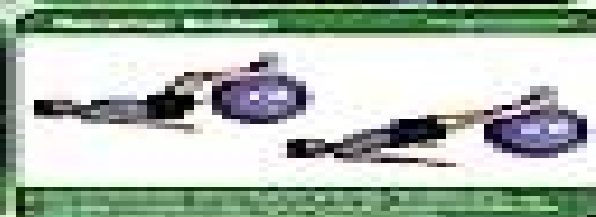
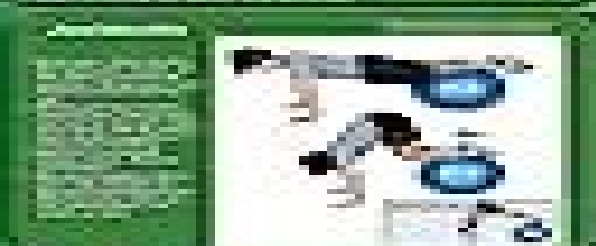
These exercises are designed to help you improve your core strength and balance. They are suitable for all fitness levels. Always consult your doctor before starting any exercise program.

Core Exercises

1. **Plank** - Hold a plank position with your forearms on the floor and your body in a straight line. Hold for 30 seconds.

2. **Bridge** - Lie on your back with your knees bent and feet flat on the floor. Lift your hips to form a bridge. Hold for 30 seconds.

3. **Side Plank** - Lie on your side with your forearms on the floor and your body in a straight line. Hold for 30 seconds.



Body Ball Exercises Core Laminated Poster

Michael Seilmaier

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