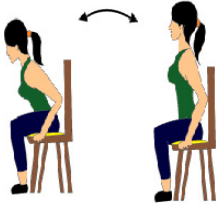
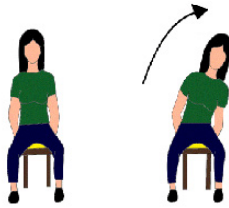


Wobble Disc

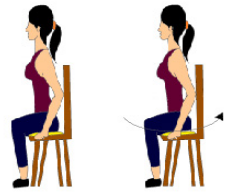
Sit on a balance disc and create the low back curve and then taking it away. Repeat this 10 times.



Sit on balance disc and lean right pelvis down and left shoulder down. Rotating side to side and alternating sides.



Sit on balance disc. Start doing clockwise motion with pelvis 10 Times. Repeat with counterclockwise motion motion while 10 times.



10x each Daily

Cat & Camel

10x each Daily

