

## Quads (stability ball)

### Wall Squat

#### Exercise Description:

Wall Squat

#### Classification:

Quads (stability ball)

#### Instructions:

- 1) Place flexaball against wall approximately lower back height.
- 2) Start position: Lean lower back against ball and take approximately one step forward with each foot. Feet should be slightly wider than hip width apart.
- 3) Bending at the hips and knees, lower body until thighs are parallel to the ground. DO NOT allow knees to extend past the big toe.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position.
- 6) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially.

### 1 legged ball squat



#### Exercise Description:

1 legged ball squat

#### Classification:

Quads (stability ball)

#### Instructions:

- 1) Place flexaball against wall approximately lower back height.
- 2) Start position: Lean lower back against ball and take approximately one step forward with each foot. Feet should be slightly wider than hip width apart.
- 3) Raise one foot off the ground. Bending at the hips and knees, lower body until thigh is parallel to the ground. DO NOT allow knee to extend past the big toe.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position.
- 6) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially.

### Balance Squat on Stability Ball



**Exercise Description:**

Balance Squat on Stability Ball

**Classification:**

Quads (stability ball)

**Instructions:**

1. Start by placing feet and hands on top of the stability ball.
2. Stabilizing with hands and feet slowly extend your legs and release your hands from the ball until you are in a standing position.
3. Maintaining your balance squat down into a full squat position and then return to the starting standing position.

**Wall Sit with ball**



**Exercise Description:**

Wall Sit with ball

**Classification:**

Quads (stability ball)

**Instructions:**

1. Place ball against the wall and your lower back.
2. Proceed into a squated position so that your thighs are parallel to the ground.
3. Hold this position for the required number of seconds.
4. Remember to keep your feet flat on the floor and your knees behind your toes.

**Wall Squat with resistance**



**Exercise Description:**

Wall Squat with resistance

**Classification:**

Quads (stability ball)

**Instructions:**

1. Start by placing the ball behind the small of your back. Place the band under your feet and hold onto it with your hands.
2. Slowly squat down until your thighs are near parallel to the ground.
3. Return to the starting position and repeat.

**Wall Squat Hold with resistance**



**Exercise Description:**

Wall Squat Hold with resistance

**Classification:**

Quads (stability ball)

**Instructions:**

1. Start by placing the ball behind the small of your back and stand on the resistance band.
2. Squat down to a parallel position and continue to keep tension on the band.
3. Hold this position for the recommended time and then repeat.

