

#5

Get fit core exercises



Lunge walk



Basic sit-up



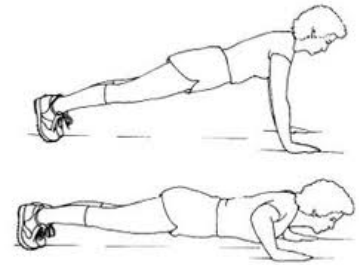
Crunches



Cross over abdominals



Knee push ups



Push ups



Squats and squat jumps



Bridge



Bunny hop



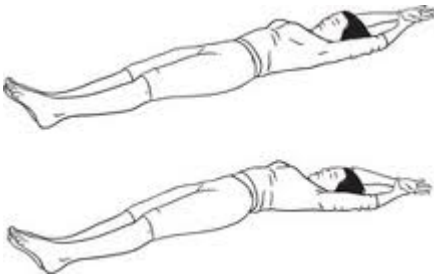
Plank



Jumping jacks



Side plank



Full body stretch

Recommended Yoga Ball sizes:

45cm (for people 5ft and under) yellow

55 cm (for people 5ft to 5'6) blue & black

65 cm (for people 5'6 to 6ft) teal

75 cm (for people 6ft to 6'5) silver

85cm (for people 6'5 or taller)

Yoga Ball exercises:

www.liveinfinitely.com/foreverflex

[Yoga Ball's order from Amazon.com](https://www.amazon.com)

[Pavendeep/Black Mountain brands that we have in clinic – DURABLE!](#)