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](http://www.liveinfinitely.com/foreverflex)

Yoga Ball’s order from Amazon.com

Pavendep/Black Mountain brands that we have in clinic – DURABLE!