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## Rehabilitative Exercises | Core Exercises

### A7 Coordination

1



2



3



- 1- Sit on a ball while lifting chest and bracing abdominals.
- 2- Swing hips to one side of ball as far as you can, while maintaining contact with the ball.
- 3- Roll forward, swinging hips to the opposite side, making the largest circle you can with your hips. Repeat \_\_\_\_ times \_\_\_\_ times a day.