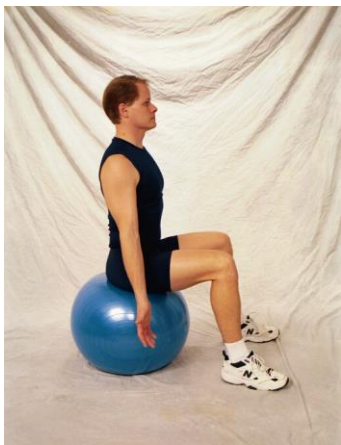
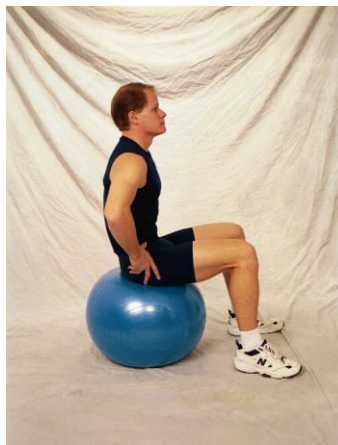


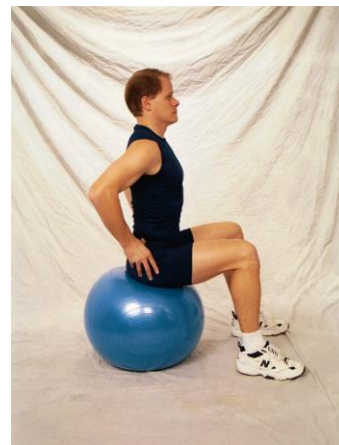
## Exercise Ball



**Neutral Pelvis**



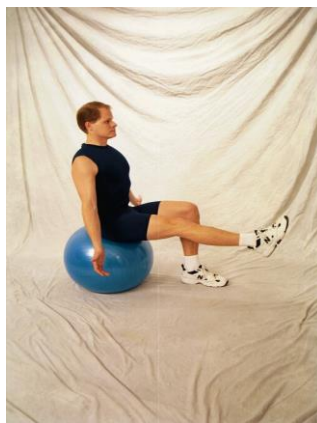
**Flexion**



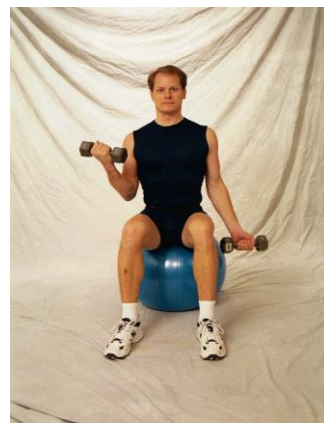
**Extension**



**Side Pelvic Tilt**



**Leg Lift**



**Add Weights**

