

Exercise of the Month



Partner Exercise

Purpose: Improve Core Strength

Target Muscles: Rectus Abdominis, Erector Spinae, Hip flexors, Glutes, Hamstrings, and Quadriceps.

Equipment Needed: Stability Ball

Start/Movement:

- Partners should face each other with approximately 3-4 feet distance between. Place a stability ball on the floor in that open space. Each person bends down to place their right hand onto the sides of the stability ball.
- Pressing the hand firmly into the ball, give a “1-2-3 lift” count to raise the ball up to shoulder height. Contract the core and stabilize with the muscles of the upper arm. Bend the knees and lower into a squat position.
- Both partners squat-walk laterally in the same direction, ideally 10-15 reps. Once you’ve reached the full length of the room/space, switch and hold the ball in the left hand. Squat-walk laterally to travel in the opposite direction 10-15 reps, or the length of the room/space.



See this exercise in action! [Click here](#) to view video demonstration.