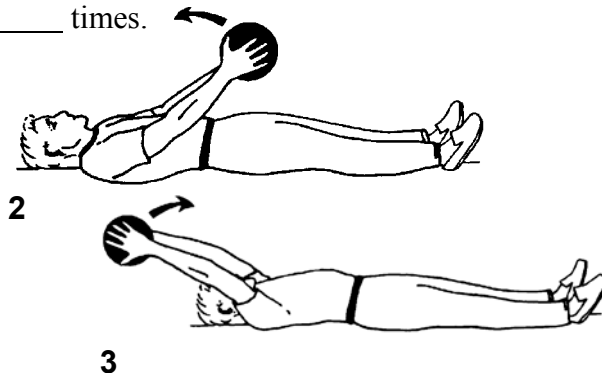
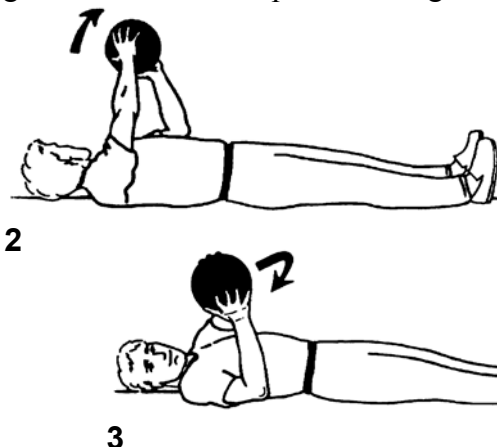
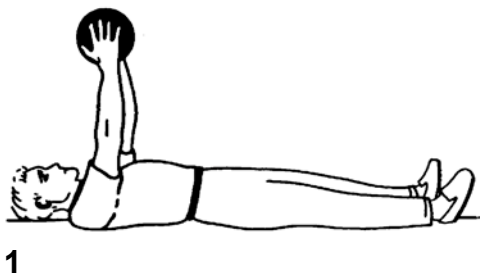


Lying Down Ball Exercises

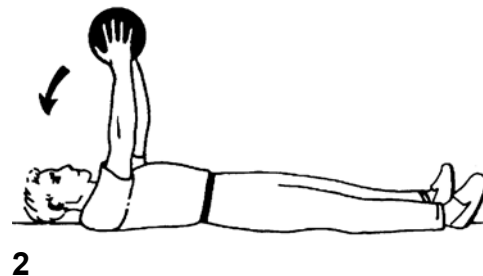
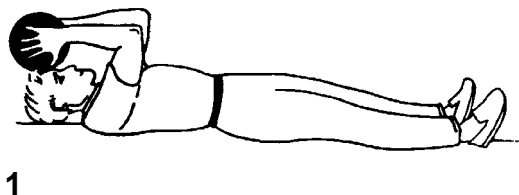
- Hold the ball between your hands. Start with the ball resting on your stomach. Raise the ball over your head. Keep your elbows straight. Bring your arms back down to your stomach. Repeat _____ times.



- Hold the ball between your hands with your arms toward the ceiling. Reach to your left with the ball. Then reach to your right with the ball. Repeat reaching to each side _____ times.



- Hold the ball between your hands. Raise your arms toward the ceiling. Bend your elbows bringing the ball toward your forehead. Then push the ball toward the ceiling. Repeat _____ times.



If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.