4.5 STABILITY BALL ROLLOUT

Starting Position

- Kneel facing the stability ball with the toes on the floor, upper body in an erect position, elbows extended, and hands touching the upper front side of the ball.
- While keeping the hands on the ball, reposition the knee and toe location to create a 90-degree angle at the knees and ankles with the knees, hips, and shoulders in a near-vertical plane.

Ending Position

- Keep the knees and toes on the floor; the elbows fully extended; the arms parallel to each other; and the knees, hips, and shoulders in a straight line. Extend the knees and flex the shoulders to roll the ball forward; keep the arms across the top of the ball until it comes close to the face.
- Isometrically hold the torso in a rigid position; do not let the hips sag toward the floor.
- At the end of the repetition, flex the knees and extend the shoulders to roll the arms back over the ball to return to the starting position.