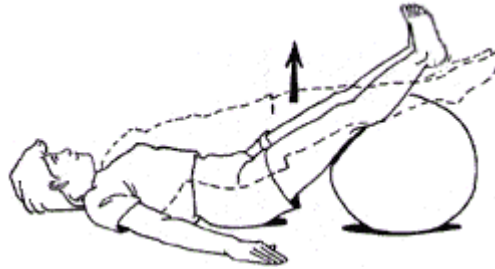


# Thigh Strengthening with Therapeutic Ball

**Exercise:**

Bridging (from floor)



WITH YOUR HEELS ON THE TOP OF THE BALL LIFT YOUR BOTTOM OFF THE GROUND AS ILLUSTRATED.

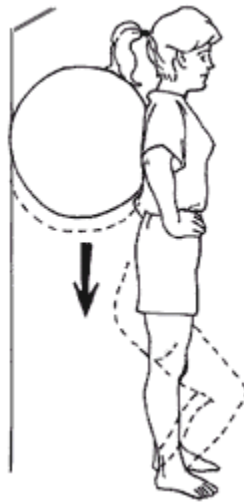
**Repeat:** 15 times      **Sets:** 3

**Hold Time:** 5 secs      **Resistance/Time:** 0

**Sessions:** 1 /day

**Exercise:**

Wall Sit



WITH THE BALL AT YOUR MIDDLE BACK AND YOUR FEET OUT IN FRONT OF YOU SIT YOUR BOTTOM DOWN UNTIL YOUR THIGHS ARE PARALLEL TO THE FLOOR.

**Repeat:** 15 times      **Sets:** 3

**Hold Time:** 5 secs      **Resistance/Time:** 0

**Sessions:** 1 /day