

On the ball	Next to the ball	Prone on ball	On floor
Balance	Side bend	Back extensions	Abdominal curls
Progressive pelvic tilt	Side balance w/ leg abduction	Diagonal reach	Leg curl and obliques
Abdominal curls		Roll out	Reverse curls
Bridge hip extension		Hip tuck	Foot to hand
Surf		Walk outs w/ push up	Pilates roll
			Supine hip extension
			Lying leg abduction

Games to play with a stability ball

Partner	Small Group	Large Group
Round the Clock	Pass the Egg	Tag
Seated Bounces	Football	All It
Butt Sit Pass	Train Track	Indiana Jones