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### **1: Stability Ball -- Resisted Lateral Raises in Prone**

- Lie face down with ball under stomach, weights in hand
- Raise arms out to side off of surface to shoulder height, palms facing down
- Squeeze shoulder blades together toward top
- No Resistance

**Sets:** 3 **Reps:** 10 **Sessions:** 1 Everyday **Resistance:** None **Hold Time:** 5s



### **2: Stability Ball -- Prone Rows**

- Place stability ball under your waist, legs extended to floor with feet a little wider than shoulder width apart
- Extend upper spine and head
- Place weights in hand with arms extended to floor just in front of the ball
- Pull weights up toward shoulders, squeezing shoulder blades
- No Resistance

**Sets:** 3 **Reps:** 10 **Sessions:** 1 Everyday **Resistance:** None **Hold Time:** 5s



### **3: Stability Ball -- Opposite Arm Lifts in Prone (weights)**

- Lie face down over ball (ball under stomach)
- Raise one arm out in front of you to shoulder height, while simultaneously raising opposite arm up to side towards hip
- Keep spine straight throughout exercise
- No Resistance

**Sets:** 3 **Reps:** 10 **Sessions:** 1 Everyday **Resistance:** None **Hold Time:** 5s