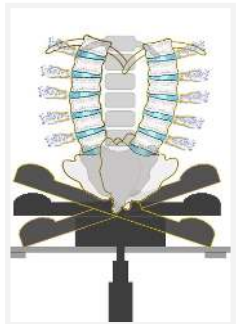
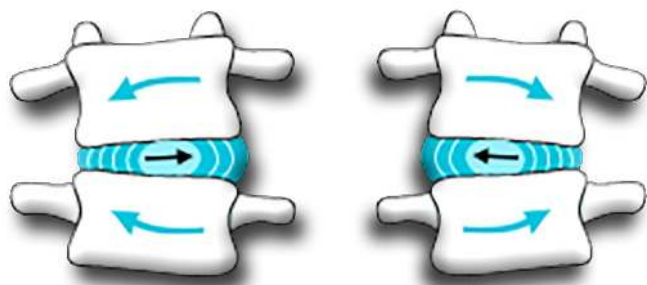


Wobble Chair Warm Up Exercises

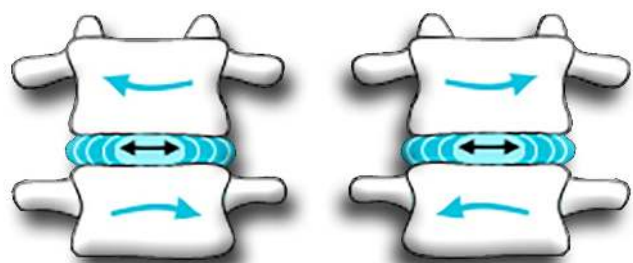


Warm-Up #5



1. Sit on chair, posture erect, stomach out, chin up with both hands cupped behind head.
2. Gently force the head to move as far LEFT as possible with the body.
3. Without stopping, gently force the head to move as far RIGHT as possible with the body.
4. As you become more mobile add some speed.
5. 10 Repetitions. Start with five, work up to 10 within 3 days.

Warm-Up #6



1. Sit on chair, posture erect, stomach out, chin up with both elbows raised level with shoulders, finger tips touching.
2. Slowly turn from the waist to the LEFT with the head turning to look backward.
3. Without stopping, turn from the waist to the RIGHT with the head turning to look backward.
4. Keep movements fluid with no ballistic stops. This exercise is ALWAYS performed last.
5. Start with 15 total counts and work up to 25 repetitions.