

# Stability Ball Stir the Pot

## Muscles worked:

- Core stabilization and strength

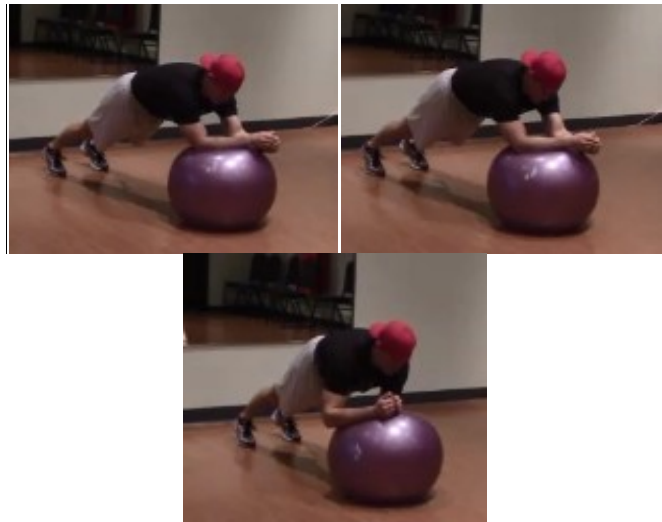
## Preparation :

- Assume a prone position with elbows bent on top of a medium stability ball
- Keep elbows positioned under your shoulders



## Movement:

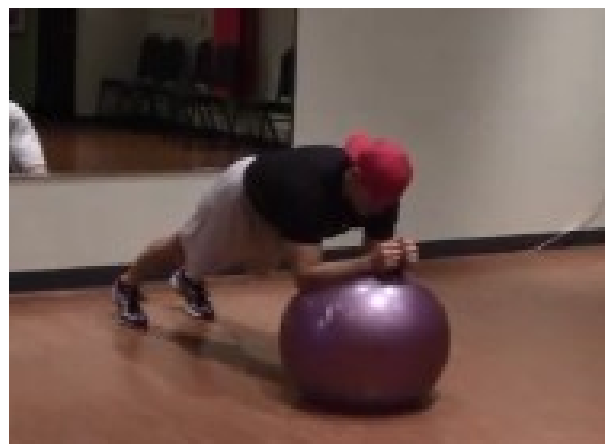
- Draw your abdomen inward toward your spine.
- Rotate your arms out and to one side rolling the ball under your forearms.
- Make a circular motion in one direction. Return to the starting position then repeat in the opposite direction.
- Maintain a slow controlled pace with each rep.



## Finish:

- Form is more important than how long or how much!
- Perform each rep slowly with good control
- Perform the same number of reps in each direction

[Click here to see this exercise in action](#)



**Coaching Tips:** Assume a prone position with elbows bent on top of a medium stability ball. Keep elbows positioned under your shoulders. Draw your abdomen inward toward your spine then rotate your arms out and to one side rolling the ball under your forearms. Make a circular motion in one direction. Return to the starting position then repeat in the opposite direction. Form is more important than how long or how much! Perform each rep slowly with good control. Perform the same number of reps in each direction.