

DISC PILLOW EXERCISES – Lower Chain V

All exercises should be mastered on a stable surface before using the Disc Pillow

BALL - PARTNER TOSS



- Stand on disc with one or two feet, knees slightly flexed.
- Toss tennis ball back and forth, throwing and catching with one hand while maintaining balance.
- If single leg balance, switch feet and begin again.

TUBING PRESS



- Stand on disc with one or two feet, knees slightly flexed.
- Press tubing out in front of you with one or two hands at a time.

TUBING – PULL- PRESS DIAGONAL PATTERN



- Stand on disc with two feet, knees slightly flexed holding tubing at knee level on one side.
- Rotate over opposite shoulder, maintaining balance.

These exercises are intended for healthy populations and should not be taken as treatment for injuries unless prescribed by a health professional.