

## AIR DISC EXERCISES 1



### LEG DROP OUTS

- Place the air disc under your lower back with your buttocks just off the end
- Engage your core and let your knee drop to one side keeping your pelvis and back still. Use your abdominal muscles to return your knee to the starting position



### LEG LIFTS

- Lie on the air disc, arms across your chest
- Engage your core as you lift one knee up keeping your back still



### TOE TAPS

- Lie on the air disc with your legs in a table top position
- Engage your core and slowly lower one foot towards the floor keeping your back still. Then return to the starting position

Notes: