

PRI Wall Supported Squat with Balloon



1. Stand with your heels 7-10 inches away from the wall.
2. Place a 4-6 inch ball between your knees and a balloon in your left hand.
3. Place your bottom on the wall and slide down by slightly bending your knees.
4. Round out your back as you perform a pelvic tilt so that your low back is flat on the wall.
5. Shift your left hip back. Your left knee will be slightly behind your right and you will feel your left outside hip (buttock) engage.
6. Squeeze the ball gently with your left knee and inhale through your nose. As you exhale, reach forward and across the midline of your body with your right hand.
7. Maintaining the above position, inhale again through your nose, this time slowly exhaling into the balloon.
8. Pause 3 seconds with your tongue on the roof of your mouth to prevent airflow out of the balloon.
9. Without pinching the neck of the balloon and keeping your tongue on the roof of your mouth, inhale again through your nose.
10. Slowly blow out again into the balloon as you also reach further across the midline of your body with your right arm.
11. Do not strain your neck or cheeks as you blow.
12. Inhale again through your nose. Slowly exhale into the balloon as you reach further with your right arm.
13. You should feel a stretch across your right chest wall. You should also feel your left abdominals, left inner thigh and your left outside hip (buttock) engage.
14. After your fourth inhalation, pinch the balloon neck, remove it from your mouth and let the air out as you slowly stand up.
15. Relax your legs and repeat sequence 4 more times.

Reference Center(s): *Left abdominals, Left heel, Right arch*