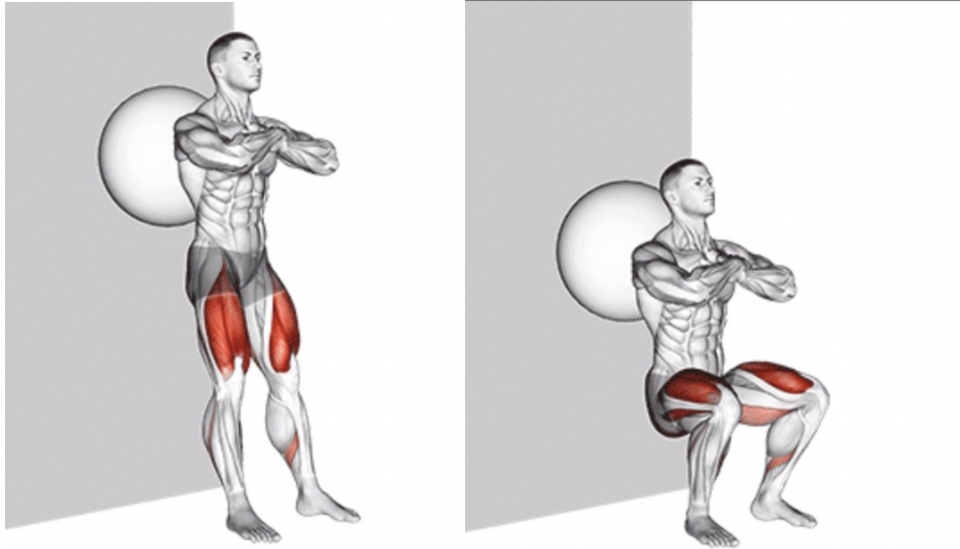


## HOW TO PERFORM A WALL BALL SQUAT

### **MUSCLES WORKED**

PRIMARY: HAMSTRINGS, QUADRICEPS  
SECONDARY: GLUTES, CALVES, CORE



1. Stand with your back against a wall and place an exercise ball between your lower back and the wall.
2. Step your feet out in front of you, about hip-width apart, and lower into a squat position, keeping your knees in line with your toes.
3. As you lower down, roll the exercise ball down the wall, keeping it in contact with your lower back.
4. Pause at the bottom of the squat, then push through your heels to stand back up, rolling the exercise ball back up the wall as you do so.
5. Repeat for the desired number of reps or time.