

DISC PILLOW EXERCISES – Lower Chain I

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

TWO DISC SQUAT



- Stand balanced with disc under each foot.
- Perform a squat as low as you can control without allowing your knees to drift inwards.
- Hold medicine ball or kettlebell in front of the body to increase the level of difficulty and further engage the core.

LATERAL LUNGE DISC –SINGLE DISC



- Stand to either side of the single disc.
- Lunge out to the disc, stabilize in lunge position, and return to standing position.
- Complete lunge on other leg.

ROTATIONAL REACH –SINGLE DISC



- Stand on disc with two feet with knees slightly flexed.
- Reach down with one hand below the opposite knee.
- Extend the body upwards and rotate back overhead while maintaining stability on disc.

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