

DISC PILLOW EXERCISES – Lower Chain II

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

ONE DISC FLEXION STRETCH



- Stand balanced with two feet on one disc.
- Contract abdominals and quads and reach down to touch knee, toes or floor while maintaining stability and balance.

FORWARD LUNGE DISC –SINGLE DISC



- Lunge out to the disc, stabilize in lunge position, and return to standing position.
- Complete lunge on other leg.

ROTATIONAL FORWARD REACH –SINGLE DISC



- Stand on disc with one foot with knees slightly flexed.
- Place arms out to both sides.
- Reach down with one hand and touch the opposite shin, toe or floor.
- Extend the body upwards and rotate back to starting position 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.