

## DISC PILLOW EXERCISES – Lower Chain III

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

### ONE DISC STEP-UP



- Place disc on step-up board.
- Step up onto disc with one foot.
- Stabilize

### SIDE TO SIDE DISC STEP LUNGE



- Arrange discs to allow you to step from one disc to the next.
- Step out to the disc, stabilize in lunge position.
- Step back to other disc, stabilize in lunge position.

### SINGLE LEG SQUAT –SINGLE DISC



- Stand on disc with one foot with knee slightly flexed.
- Perform a single-leg squat.
- Go as low as you can go as while maintaining good stability.

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