

DISC PILLOW EXERCISES – Lower Chain IV

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

ONE DISC – TOE TOUCH REACH



- Stand on disc with one foot, knee slightly flexed.
- Take opposite foot and reach for a cone.
- Reaches can be done with other cones set up in different patterns.

ONE DISC – HAND TO CONE REACH



- Stand on disc with one or two feet, knees slightly flexed.
- Reach down and touch cones with one or two hands.
- Reaches can be done with other cones set up in different patterns.

MEDICINE BALL - PARTNER TOSS



- Stand on disc with one or two feet, knees slightly flexed.
- Toss medicine ball back and forth while maintaining balance

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