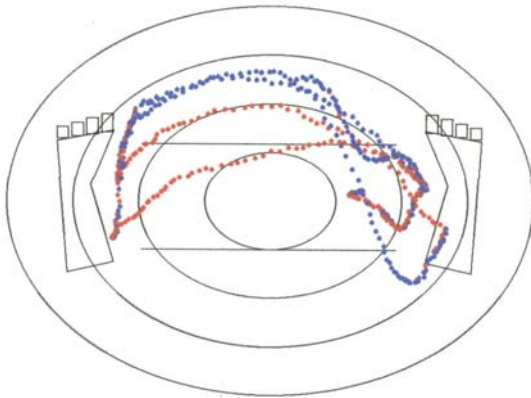


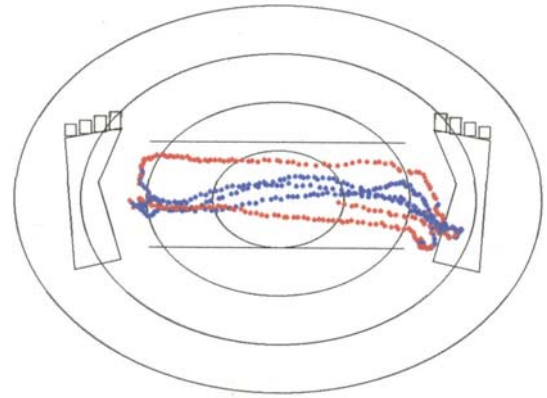
# Spinal Stabilization

## Medicine Ball

Rev. 5-04



Lack of core stability over the base of support as the weight of the medicine ball is moved side to side



Engaging core stability to resist the anterior pull of the medicine ball thus achieving stable motion over the arches of the feet