

### **Ball Squat with Lat Raise**

Place a Swiss ball between the small of lower back and a wall. Move your feet about 6 inches out in front of your body and place most of your weight back against the ball. Standing on the middle of the FMT and holding onto the handles in each hand slowly start to squat down and raise the handles up at the same time. Go down until your thighs are parallel to the ground and the handles are vertical over your head. Return to the starting position and repeat.

