

HOW DO I WOBBLE?

1. Legs should be parallel to the ground unless otherwise instructed.
2. Legs should be 45 degrees apart.
3. Feet should stay on the ground. (Unless vertical challenges make them come off the floor during motion).
4. **FIRST MOTION**: Begin by moving side to side. Keep body over center of chair. Motion comes from hip movements.
5. **SECOND MOTION**: Forward and back. Rock hips forward and arch low back. Then round back and "slouch." Repeat.
6. **THIRD MOTION**: The "X" Pattern. Please see attached diagram.
7. There is no need to count repetitions for these exercises. Just make your best attempt to do all exercises equally. If one motion feels like it is helping your particular problem more, focus on that motion but perform all motions during the session.