



mystri
MUMMA

BIRTH BALL EXERCISES

Mum: < 4ft 8"
Ball: 45cm

Mum: 4ft 8" - 5ft 3"
Ball: 55cm

Mum: 5ft 4" - 5ft 10"
Ball: 65cm

Mum: 5ft 11" - 6ft 4"
Ball: 75cm

Mum: > 6ft 4"
Ball: 85cm

Gently move forwards and backwards on the ball. Practice with the Calm Breathing.

Gently sway left to right on the ball. Practice with the Calm Breathing.

Make a figure of 8/ eternity motion whilst sat on the ball. Practice with the Calm Breathing.

Rotate around in a circular motion. Practice with the Calm Breathing.

Gently bounce up and down. Practice with the Calm Breathing.

Get on all fours and rest on the ball. You can sway forwards and backwards or left to right. Practice with the Calm Breathing.

