COOCH BALL & GOOCH BALL

GET STARTED

GUIDE

PLACE THE BALL

Guide the ball under you as you sit down until it is located between your pelvic bone and anus.

SIT ON THE BALL

Choose your position and spend 2 - 3 minutes sitting on the ball. Breathe in and out in a relaxed manner.

seated

long sit

z-sit

kneeling

cross-legged

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BONUS GUIDE

FOR LOW BACK PAIN - PSOAS RELEASE

Place the ball below your ribs, 2 inches over from your belly button. Work downwards in positions through the crease of your hip.

Choose your position and spend 2 - 3 minutes on each spot. Breathe in and out in a relaxed manner.

FOR KNEE PAIN - IT BAND RELEASE

Place the ball on the outside of your leg. Work through 3 positions between your hip and knee.

FOR SHOULDER PAIN - SHOULDER BLADE & PEC RELEASE

Releasing both the front and the back of your body is key to creating better movement and reducing pain.

Shoulder and pec releases can also be done up against a wall.