

Stability Chair Course Homework

Homework Assignment 1

1. How does the *Footwork* on the Stability Chair differ from that on the Reformer? Offer differences in muscular emphasis, contractions, movement and goal of exercise.
2. Provide differences in muscular emphasis, contractions, movement and goal of exercise of *Cat Standing Front 1 2 3*.
3. When could the Stability Chair be incorporated into a client's workout? Describe in regards to their physical state.

Homework Assignment 2

1. What exercise(s) in Matwork is similar to the *Hamstring Press, Hips Up*? Which one on the Reformer? Explain the differences.
2. Create a workout on the Stability Chair for a client with Kyphosis-Lordosis. Include a 15-minute warm up on the mat.