



Make a Ball for your workout

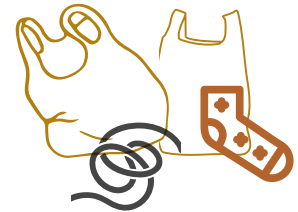
1. Find an old sock to make into a ball.



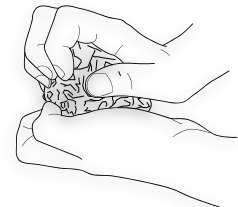
2. Cut the top edge off of the sock to use for tying the sock in step 6.



3. Find some plastic grocery bags, another sock, fabric scraps or something else to roll into a tight ball and fill the toe part of the sock.



4. Roll your sock stuffing of a plastic grocery bag or something else into a ball really tight. About 5-6 plastic bags makes a tennis ball size.



5. Put your tight ball of stuffing inside of the sock down in the toe.



6. Twist the sock around the stuffing inside and tie closed with the piece you cut off.

