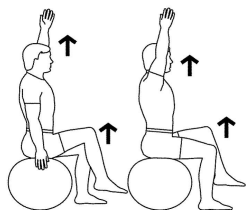


**Marching arm salute on ball**



- Sit on ball with hips and knees at 90 degrees.
- Lift up left leg and right arm as shown.
- Lower arm and leg.
- Repeat with right leg and left arm.

**Special Instructions:**

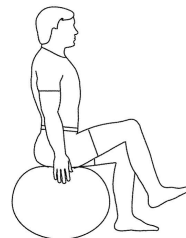
Maintain proper low back posture.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Marching on ball**



- Sit on ball with hips and knees at 90 degrees.
- Lift up one leg and lower.
- Repeat with other leg.

**Special Instructions:**

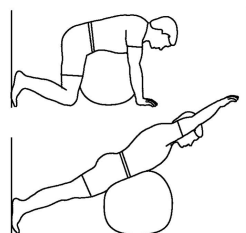
Maintain proper low back posture. Keep arms at sides

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Ball superman**



- Lie on ball, face down with knees bent and toes against wall.
- Straighten back while straightening legs and bringing arms out over head.
- Lower and repeat.

**Special Instructions:**

Keep back straight and do not arch back or raise head.

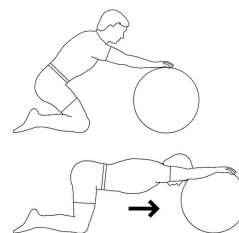
**Perform 3 sets of 20 Repetitions, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Ball kneel and extend**



- Kneel with hands on ball as shown.
- Lean forward while pushing ball forward.
- Pelvis should rotate forward.
- Return to start position and rotate pelvic bone backward.
- Repeat.

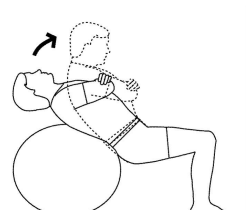
**Perform 3 sets of 20 Repetitions, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Crunches on ball**



- Sit on floor with shoulders on ball.
- Slowly push body backward over ball.
- Tuck chin to chest and raise shoulders off ball.
- Return to start position and repeat.

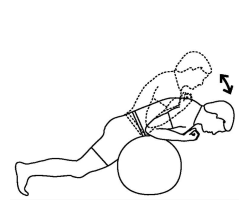
**Perform 3 sets of 20 Repetitions, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Bent knee back press up**



- Lie face down over ball as shown.
- Allow knees to bend.
- Lift trunk upward, straightening back.
- Lower and repeat.

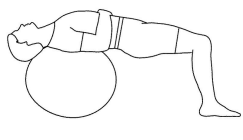
**Perform 3 sets of 20 Repetitions, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Ball static bridge**

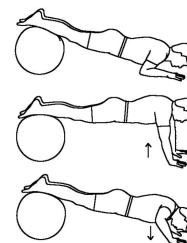


- Position shoulders on ball.
- Lift buttocks up until parallel to floor.
- Maintain a static bridging position, with feet at shoulder distance.
- Hold, relax, and repeat.

**Perform 3 sets of 20 Repetitions, once a day.**

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Push up ball bridge**

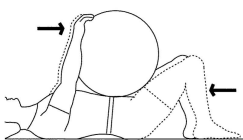


- Place feet on ball, arms on floor.
- Push up and hold while stabilizing scapular area of mid back.
- Keep back straight, arms at shoulder distance apart.
- Perform push up.
- Repeat.

**Perform 5 sets of 1 Minute, once a day.**

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Static diagonal crunch w/ball**



- Lie on back with knees bent holding ball between arms and thighs as shown.
- Press left arm and right thigh into ball.
- Hold for 5 seconds.
- Relax, and then press right arm and left thigh into ball.
- Hold for 5 seconds.
- Repeat.

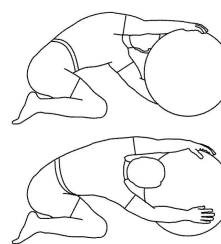
**Special Instructions:**

Maintain neutral spine.

**Perform 3 sets of 20 Repetitions, once a day.**

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Kneel and twist with ball**

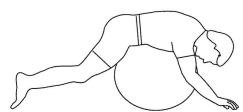


- Kneel with buttocks on heels and hands on side of ball.
- Twist to right, rolling the ball.
- Twist to left, rolling the ball.
- Repeat.

**Perform 3 sets of 20 Repetitions, once a day.**

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Face down back stretch**

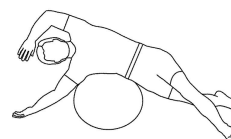


- Lie face down on ball as shown.
- Keep legs and arms a shoulder distance apart and resting on floor for stability.
- Relax and let lower and upper back to stretch.

**Perform 1 set of 4 Repetitions, twice a day.**

Use Ball.  
Hold exercise for 20 Seconds.

**Side stretch on ball**



- Half kneel on right knee with ball next to right side.
- Lie with right side on ball and left arm over head.
- Keep legs apart with knees slightly bent for stability.
- Repeat with left side.

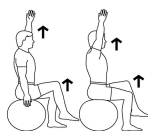
**Special Instructions:**

For more stretch, push shoulder and hip against the ball.

**Perform 1 set of 4 Repetitions, twice a day.**

Use Ball.  
Hold exercise for 20 Seconds.

**Marching arm salute on ball**



Perform 3 sets of 20 Repetitions, once a day.  Done

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

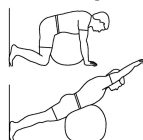
**Marching on ball**



Perform 3 sets of 20 Repetitions, once a day.  Done

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

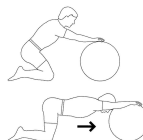
**Ball superman**



Perform 3 sets of 20 Repetitions, once a day.  Done

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Ball kneel and extend**



Perform 3 sets of 20 Repetitions, once a day.  Done

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Crunches on ball**



Perform 3 sets of 20 Repetitions, once a day.  Done

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Bent knee back press up**



Perform 3 sets of 20 Repetitions, once a day.  Done

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

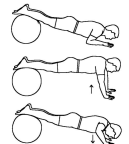
**Ball static bridge**



Perform 3 sets of 20 Repetitions, once a day.  Done

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

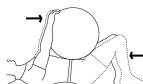
**Push up ball bridge**



Perform 5 sets of 1 Minute, once a day.  Done

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

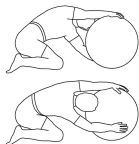
**Static diagonal crunch w/ball**



Perform 3 sets of 20 Repetitions, once a day.  Done

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Kneel and twist with ball**



Perform 3 sets of 20 Repetitions, once a day.  Done

Use Ball.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

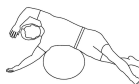
**Face down back stretch**



Perform 1 set of 4 Repetitions, twice a day.  Done

Use Ball.  
Hold exercise for 20 Seconds.

**Side stretch on ball**



Perform 1 set of 4 Repetitions, twice a day.  Done

Use Ball.  
Hold exercise for 20 Seconds.