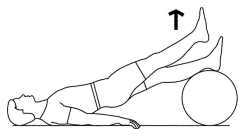




Comment:

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Straight leg up bridge on ball

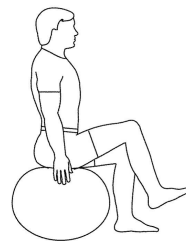


- Lie on back with ankles on ball.
- Lift buttocks up as shown.
- Lift one leg off of ball and lower leg back to ball.
- Lift other leg off of ball and lower leg back to ball.
- Lower buttocks and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Use Ball.
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.

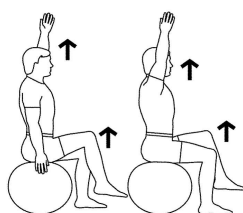
Special Instructions:

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.

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.

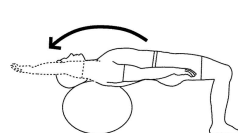
Special Instructions:

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.

Supine arm raise on ball



- Lie face up over ball as shown.
- Raise left arm up over head, keeping elbow straight.
- Hold, lower and repeat with other arm.

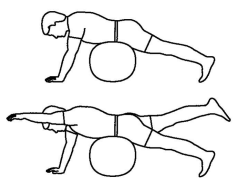
Special Instructions:

Maintain proper back posture, do not allow hips to twist.

Perform 5 sets of 1 Minute, once a day.

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

Hip bird dog

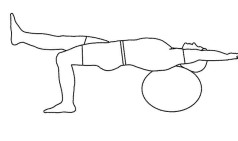


- Begin lying with hips over ball as shown.
- Extend the right leg while lifting the left arm.
- Hold 2-3 secs.
- Return to start position and repeat with left leg and right arm.

Perform 5 sets of 1 Minute, once a day.

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

Leg arm extend bridge on ball



- Lie face up over ball as shown.
- Raise left arm up over head, and straighten right leg.
- Hold, lower and repeat with right arm and left leg.

Special Instructions:

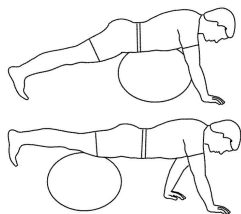
Maintain proper back posture, do not allow hips to twist.

Perform 5 sets of 1 Minute, once a day.

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



Ball walk out



- Lie face down over ball as shown, arms shoulder distance apart.
- Position low back in proper posture.
- Walk forward on arms.
- Return to start position and repeat.

Special Instructions:

Maintain proper low back position.

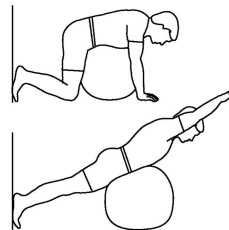
Perform 5 sets of 1 Minute, once a day.

Use Ball.

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.

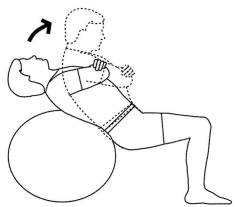
Perform 3 sets of 20 Repetitions, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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.

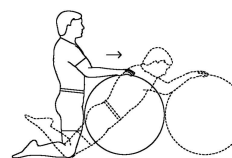
Perform 3 sets of 20 Repetitions, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Kneeling ball plank



- Start in tall kneeling position with forearms on ball.
- Move body forward, keeping trunk straight until body is at 45 degrees, keeping knees bent so feet lift off of floor.
- Hold, return to start position and repeat.

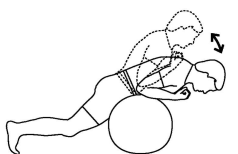
Perform 5 sets of 1 Minute, once a day.

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.

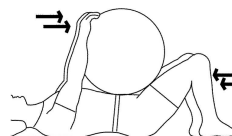
Perform 3 sets of 20 Repetitions, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Static abdominal crunch w/ball



- Lie on back with knees bent holding ball between arms and thighs as shown.
- Press arms into ball.

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.