



## DUMBBELL AND EXERCISE BALL -CHEST FLYS

Start in a seated position on an exercise ball while holding 2 dumbbells. Next, tighten your lower abdominals, squeeze your buttocks and then slowly walk your feet forward so that your buttocks off the floor/bed as creating a "Bridge" with your body. Maintain your buttocks up and in a straight line with your spine.

Hold the dumbbells over your chest with elbows fully extended and high over your chest.

Next, slowly lower the weights out to the side and towards the floor. Bend your elbows a little as you lower the weights. Do not lower as far as you can. Stop approximately at the level of your trunk so that your elbows to not lower below your back.

Return arms to starting position and repeat.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Times a Week



## EXERCISE BALL - PRONE Y - THUMBS UP

Lie face down over an exercise ball with your elbows straight and arms out in front of your body as shown. The shoulder should be approximately 120 degrees abducted.

Slowly raise your arms upward and return to original position. Your thumbs should be pointed upwards the entire time.  Abdominals need to be braced to avoid hyperextension of the spine.

You may hold dumbbells in your hands. As this is strenuous for the shoulder limit wt. to 2-5 lbs maximum.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Times a Week



### EXERCISE BALL - CURL UPS LEVEL 3

While sitting on an exercise ball, roll forward so that your back lies against the ball.

Next, clasp your hands behind your head, then draw your chest up to perform a partial sit up. Try and clear your shoulder blades off the ball.

Move slowly avoiding any bounce from the ball. Exhale as you crunch up to avoid holding your breath. □

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 2 Times a Week



### EXERCISE BALL - LUNGE

While in a standing position and holding a ball against your chest, step forward and bend your knees as you hold the ball forward and away from your chest.

Next return to original standing position. □

This can be done with a lateral lunge as well to vary the position. Keep your back straight and abdominal musculature engaged throughout the exercise. □ □

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Times a Week



### MEDICINE BALL - SQUAT CHOP

Begin with unweighted ball, advance to heavier ball when your form is perfected and you can control the motion.

Start by holding a medicine ball down by your knee while in a squat position as shown. Next, return to a standing position as you raise the ball up and over the opposite shoulder. Repeat on the other side. □

Remember to control your spine and do not over rotate, this will increase the power in your core. □ □

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 2 Times a Week