

**BALL PUSH UPS**

Starting in a kneeling position with an exercise ball in front of you, slowly walk yourself out with your arms so that the ball is positioned under your legs. Then perform push ups as shown. □

Keep abdominals tight throughout the exercise to protect spine.

The further out towards your knees and shins the more difficult the exercise becomes. □ □

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

**EXERCISE BALL - PRONE W - ER**

Lie face down over an exercise ball with your elbows bent. Slowly raise your arms upward as you retract your shoulder blades and then return to original position. Your palms should be directed downward the entire time. Try to keep your hands in line or above your elbows.

You may hold light dumbbells in your hands keep the weight below 5 lbs. maximum.

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

**EXERCISE BALL- Stir the Pot**

Place forearms on ball and move forearms in clockwise and counterclockwise motion while keeping your back straight and core tight. Don't allow hips to drop. □

Focus on your abdominals staying braced, chin tucked to protect your spine. □ □

Repeat 10 Times
Complete 2 Sets
Perform 2 Times a Week



EXERCISE BALL - FOOT BRIDGE 90

Start by lying on your back with a peanut ball at your feet. Place feet on top of the ball with knees bent to approximately 90 degrees.

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



Next, tighten your abdominal muscles, engage your gluts and press your heels into the ball as you lift your pelvis off the floor.

Return to starting position and repeat.



EXERCISE BALL - WALL SQUATS

Start by standing up and leaning your low back up against an exercise ball on a wall. Your feet should be spread apart about shoulder width apart.

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

Next, slowly bend your knees and lower your buttocks towards the floor.

Knees should bend in line with the 2nd toe and not pass the front of the foot.