



**DUMBBELL AND EXERCISE BALL - BRIDGE CHEST PRESS**

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

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.

Next, push the dumbbells up over head as you straighten your elbows. Lower dumbbells back down allowing your elbows to bend and repeat lifting the dumbbells in a chest-press motion.



**BALL SEATED ROWS**

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

While seated on an exercise ball, pull back on an elastic band in both arms as you bend your elbows.

Maintain errect posture the entire time. Keep ball from moving by stabilizing through your spine and hips.



**EXERCISE BALL - PLANK**

Repeat 1 Time  
 Hold 30 Seconds  
 Complete 2 Sets  
 Perform 2 Times a Week

While kneeling on the floor with an exercise ball in front of you, use your hands/forearms and roll the ball forward so you can place your elbows and hands on the ball with your feet on the floor. Next, lift your body up and hold this position. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.

Push elbows into the ball, pressing chest away from ball and engaging abdominals.



### PRONE T OVER EXERCISE BALL

Lie face down over an exercise ball with your elbows straight. Slowly raise your arms upward and return to original position.

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

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### 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 5 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. □ □