

Total 6

EXERCISE BALL - SUPINE TRUNK EXTENSION - ADVANCED

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

Next, raise up your arms over head and towards the floor. You should be lying horizontally with your feet in contact with the floor.

Relax and stretch.

Support your neck with your hands if you have any history of neck pain



Repeat 5 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

EXERCISE BALL

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

- Push spine into the ball using your abdominal muscles.

Next, fold you arms across your chest and then draw up your chest in order to do a partial sit up. Try and clear your shoulder blades off the ball.

Perform this slowly and only a small amount of motion is necessary



Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

EXERCISE BALL - FLOOR BRIDGE

While lying on the floor, place an exercise ball under your lower legs and then raise up your buttocks.

Keep abdominals braced throughout this exercise



Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



EXERCISE BALL - PLANK

While kneeling on the floor with an exercise ball in front of you, place your elbows and hands on the ball and lift your body up. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.

Repeat 3 Times
Hold 20 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



PRONE BALL - ALTERNATE ARM AND LEG

While lying face down over a ball, support your self with your feet and hands. Next, slowly raise up one arm and opposite leg.

Return arm and leg back to floor and then raise up the opposite arm/leg.

Repeat 10 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



BOSU - TRUNK EXTENSION (Can be performed on exercise ball)

While lying face down with your upper body on a Bosu/ or ball, slowly raise your head and chest upwards as shown.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



Touch the back of your head with both hands as you perform.

if on the ball your knees will be extended and feet hip width apart