Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program.

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MADE IN CHINA
SKU 05-61848

1. TRUNK CURL

START
Lie with low back on top of ball. Bend legs, position feet flat on floor shoulder-width apart. Bend arms and place hands behind head.

FINISH
Keep ball stationary, tighten abdominal muscles, slowly raise head and shoulders up and forward while pulling ribs down toward hips. Hold 1-2 seconds and slowly return to start position.

2. KICK-BACK LUNGEB

START
Stand and balance on one leg. Bend opposite leg and position top of foot on top of ball. Stand upright and straighten arms along sides of body.

FINISH
Press top of foot into ball; slowly straighten leg behind body and roll ball across floor while bending opposite leg and arms and arching low back. Hold 1-2 seconds and slowly return to start position.

3. PLANK MOUNTAIN CLIMBER

START
Bend arms and place elbows and hands on top of ball, straighten legs and position toes on floor hip-width apart.

FINISH
Keep ball stationary, tighten abdominal muscles, lift foot off floor, slowly bend leg and bring knee toward ball. Hold 1-2 seconds, slowly return to start position, and repeat with opposite leg.

4. LEG CURL

START
Lie on back on floor, position heels on top of ball hip-width apart with arms straight on floor along sides of body. Tighten low back and buttocks, and slowly lift hips upward while arching low back and straightening body.

FINISH
Press heels into ball, lift hips upward and slowly bend legs while rolling ball across floor and bring heels toward buttocks. Hold 1-2 seconds and slowly return to start position.

5. BACK EXTENSION

START
Lie on stomach on top of ball. Bend legs, position toes on floor shoulder-width apart. Bend arms and place hands behind head.

FINISH
Keep ball stationary, tighten low back muscles, and slowly raise head and shoulders upward while arching low back and squeezing shoulder blades together. Hold 1-2 seconds and slowly return to start position.

6. HIP EXTENSION

START
Lie on stomach on top of ball. Straighten legs, position toes on floor hip-width apart. Straighten arms and place hands directly below shoulders.

FINISH
Keep ball stationary, tighten abdominal muscles, lift foot off floor, slowly bend leg and bring knee toward ball. Hold 1-2 seconds, slowly return to start position.

EXERCISE INSTRUCTION
- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds, perform the movement more slowly, or take more rest between movements.
- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement, perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

1. TRUNK CURL
2. KICK-BACK LUNGE
3. PLANK MOUNTAIN CLIMBER
4. LEG CURL
5. BACK EXTENSION
6. HIP EXTENSION

-OR-
- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movement in a safe and controlled manner.
- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement, perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

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STRONG BACK STABILITY BALL
EXERCISE GUIDE