

GAIAM WELLBEING™

CORE & BACK STABILITY BALL EXERCISE GUIDE

EXERCISE INSTRUCTION

- As a warm-up before each exercise session, perform each selected exercise 3–5 times without the Stability Ball.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise set.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Stability Ball exercise session.

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.

KICK-BACK LUNGE



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.

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.

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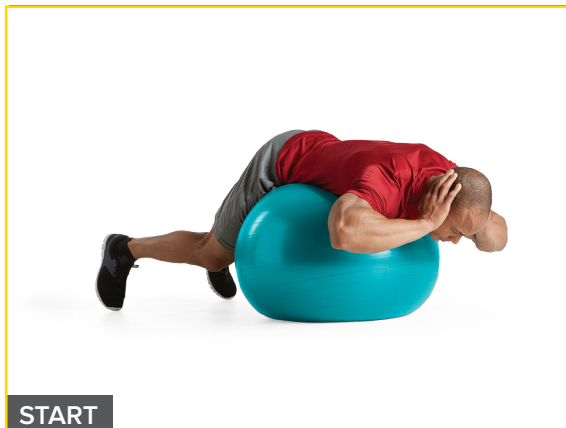
LEG CURL



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 bringing heels toward buttocks. Hold 1-2 seconds and slowly return to start position.

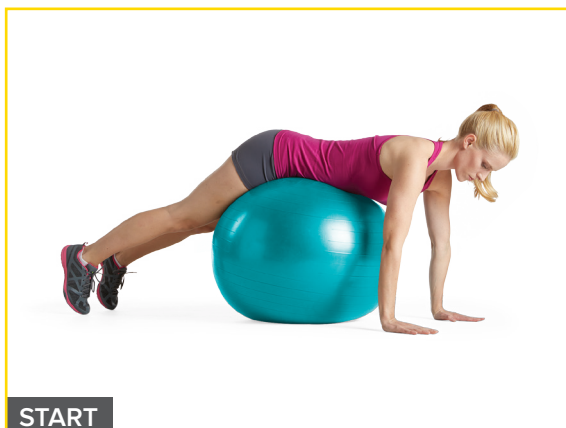
BACK EXTENSION



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.

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 low back and buttocks, and slowly lift straight legs upward to hip height. Hold 1-2 seconds and slowly return to start position.