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.
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.