

CORE & BACK STRENGTH BALL EXERCISE GUIDE

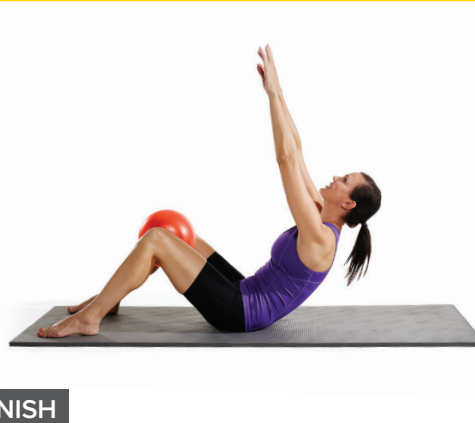
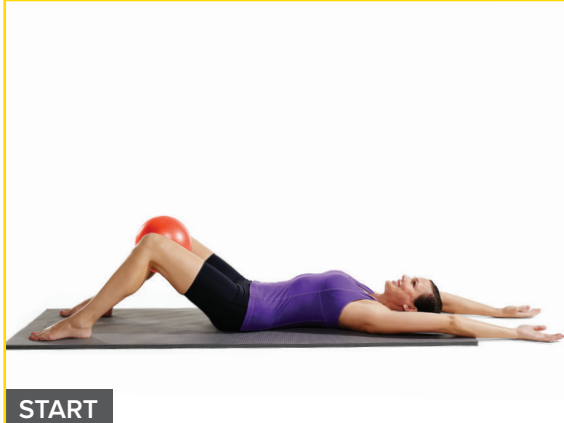
EXERCISE INSTRUCTION

- As a warm-up before each exercise session, perform each selected exercise 3–5 times without the Sponge 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 Sponge Ball exercise session.

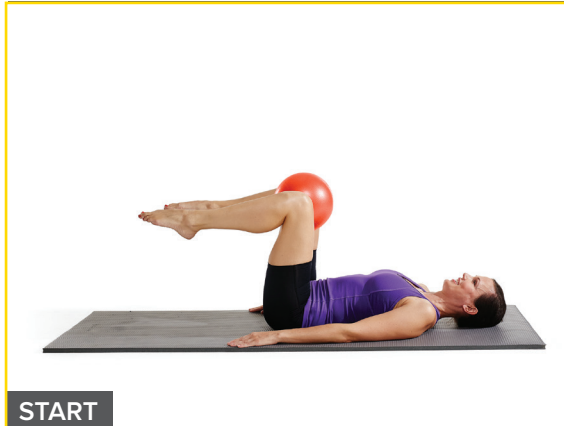
FULL ROLL-UP



START: Lie on back, position ball between knees, bend legs and position feet flat on the floor hip-width apart. Extend arms above head on the floor and pull abdominal muscles inward.

FINISH: Squeeze ball, slowly curl body upward and lift upper body completely off floor, curving back slightly forward while keeping arms straight above head. Keep abdominal muscles tight and feet flat on the floor. Hold 1-2 seconds and slowly return to start position.

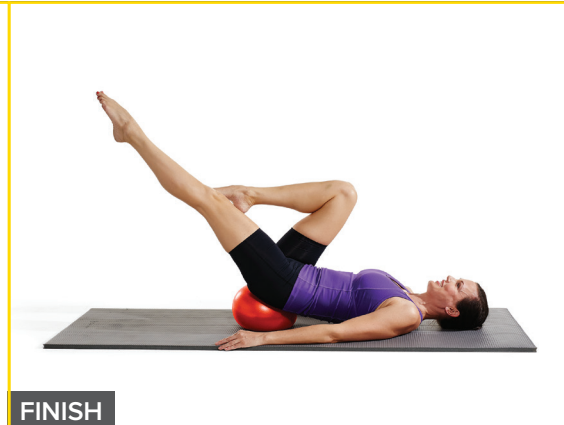
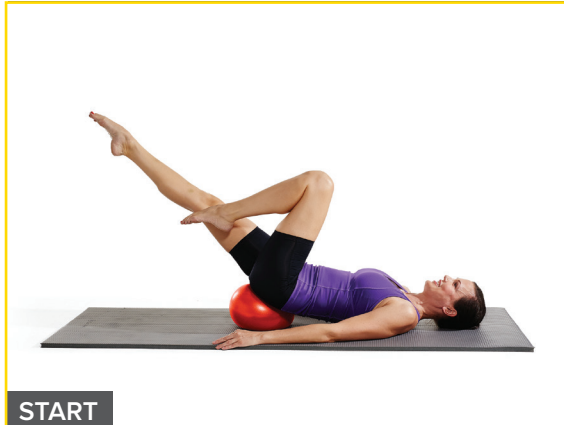
CRUNCH



START: Lie on back, position ball between knees, bend legs and position feet flat on the floor hip-width apart. Extend arms above head on the floor and pull abdominal muscles inward.

FINISH: Squeeze ball, slowly curl body upward and lift shoulders off floor while reaching forward with hands. Keep abdominal muscles tight and legs stationary. Hold 1-2 seconds and slowly return to start position.

BICYCLE

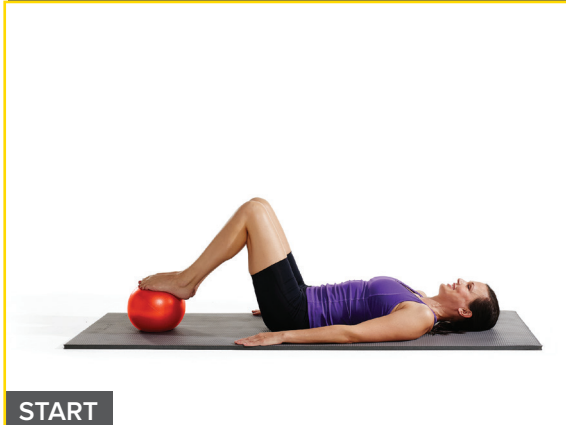


START: Lie on back, position ball under tailbone with legs straight and together above the floor. Extend arms along sides of body on the floor and keep back straight with shoulders on the floor.

FINISH: Keep legs lifted off floor, straighten one leg forward while simultaneously bending opposite leg up and back above hip. Keep shoulders on the floor, abdominal muscles pulled inward, and tailbone firmly on the floor. Alternate bending and straightening of legs in a slow, continuous manner.

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BRIDGE



START

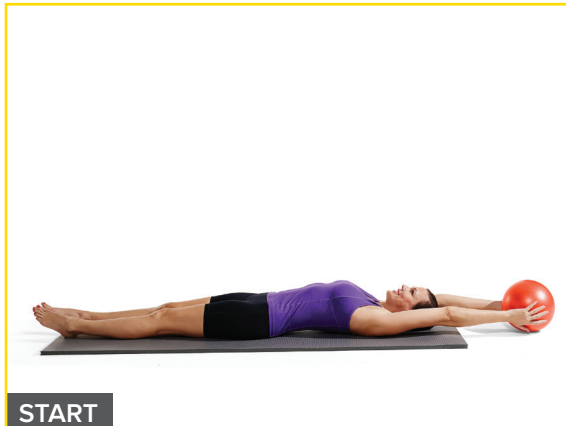


FINISH

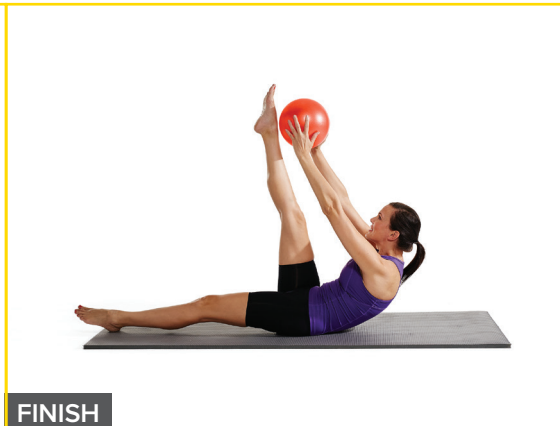
START: Lie on back, position ball under feet and bend legs to approximately a 90-degree angle. Position hips, trunk, and shoulders on the floor with arms positioned along sides of body.

FINISH: Slowly lift hips and buttocks upward until knees, hips, and shoulders are aligned. Keep back straight and shoulders and head stationary on the floor. Hold 1-2 seconds and return to start position.

SINGLE KICK



START



FINISH

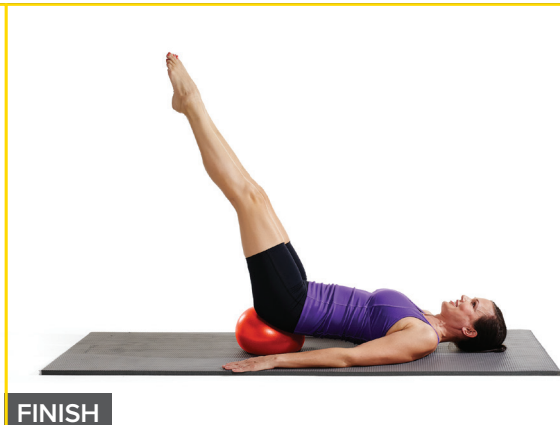
START: Lie on back with legs straight and together on the floor. Hold ball with both hands, extend arms above head and pull abdominal muscles inward.

FINISH: Slowly lift upper body upward with arms straight overhead while simultaneously lifting one leg up and backward, ending when ball reaches toward top of foot. Keep back straight with opposite leg and hips stationary on the floor. Hold 1-2 seconds and alternate legs.

DOUBLE LEG CIRCLES



START



FINISH

START: Lie on back, place ball under tailbone, straighten legs and position feet and knees directly above hips. Extend arms along sides of body on the floor and keep back straight with head and shoulders on the floor.

FINISH: Slowly rotate legs clockwise or counter-clockwise in a circular motion just outside width of hips. Keep legs straight and together with shoulders on the floor and abdominal muscles pulled inward. Hold 1-2 seconds and alternate to other side.