

BALANCE BALL

TRUNK CURL



1 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.

2 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



1 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.

2 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



1 Bend arms and place elbows and hands on top of ball. Straighten legs and position toes on floor hip-width apart.

2 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



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

2 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

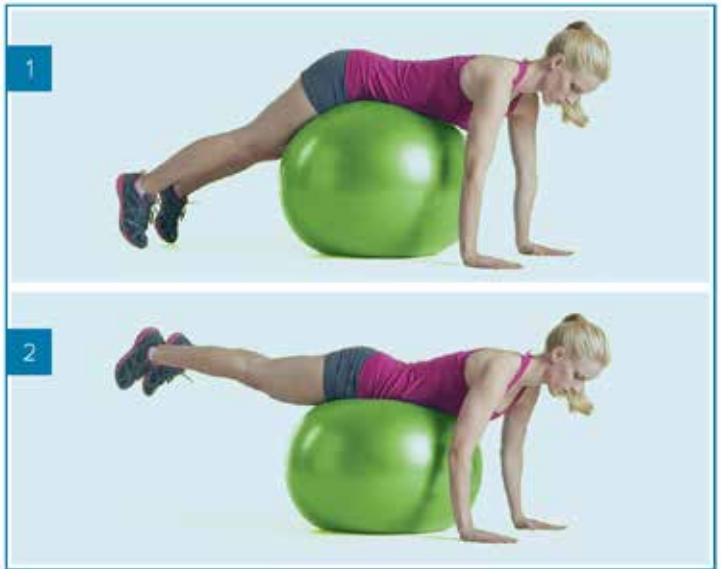
HIP EXTENSION



1
2

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

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.



1
2

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

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.

Warm up for 3-5 minutes before exercising

Perform 1-3 sets of movements for 30-60 seconds each.

Rest 30-60 seconds between each exercise set