Start: Grasp ball and hold in front of chest, bend arms, feet shoulder-width apart, bend knees, push hips back.

Finish: Straighten legs and arms, toss ball up to wall, push hips forward and arch low back slightly. Slightly bend knees while catching the ball, bend elbows, lower ball to front of chest, return to start position and repeat in a continuous up and down pattern.

---OR---

Start: Grasp ball and extend arms between legs with feet slightly wider than shoulder-width apart. Bend legs and push hips backward, chest up, eyes straight forward.

Finish: Shrug shoulders pulling ball up with straight arms, partially straighten legs with chest up and slight arch in low back. Bend legs, drop and push hips back, bend elbows, and re-grip ball in front of chest. Straighten arms, place ball back on floor and repeat.

---OR---

Start: Sit on floor with knees slightly bent and feet off the floor. Grasp ball and position on floor to one side of body with chest up and upper body leaning backward slightly.

Finish: Rotate trunk and lift ball to center of body, then continue rotating over to opposite side touching ball to floor while keeping legs stationary and feet off floor. Repeat in a continuous side to side rotation pattern.

---OR---

Start: Grasp ball and straighten arms overhead. Stand with feet shoulder-width apart, straighten legs, arch low back slightly with chest high and eyes looking straight ahead.

Finish: Bend legs and push hips backwards while quickly pushing arms down toward floor and releasing ball in front of body, chest up, eyes looking forward. Catch ball off the bounce, stand, and return to start position. Repeat in a continuous up and down pattern.

Start: Lie back on floor, grasp ball, bend legs and position feet flat on floor with arms straight above head.

Finish: Bend forward at hips while bringing chest and arms up and forward with ball. Touch ball to wall keeping arms straight. Lower head and back toward floor with arms straight over head, return to start position and repeat in a continuous up/down pattern.

Start: Grasp ball, bend arms and position in front of chest. Stand with feet shoulder-width apart, knees slightly bent, eyes looking straight ahead.

Finish: Straighten arms and lift ball straight above head. Bend arms, return to start position and repeat.

Start: Grasp ball, bend arms and position in front of chest. Bend elbows, lower ball to front of chest, return to start position and repeat in a continuous up and down pattern.

Finish: Straighten legs and arms, toss ball up to wall, push hips forward and arch low back slightly. Slightly bend knees while catching the ball, bend elbows, lower ball to front of chest, return to start position and repeat in a continuous up and down pattern.

Warm up for 3-5 minutes before each exercise session.
Perform each selected exercise for 20-60 seconds.
Perform 1-3 sets of each selected exercise.
Rest approximately 30-60 seconds between each set.
Perform every exercise in a safe and controlled manner.
If unable to complete an exercise for a minimum of 20 seconds, perform the exercise more slowly, or take more rest between exercises.

Start: Sit on floor with knees slightly bent and feet off the floor. Grasp ball and position on floor to one side of body with chest up and upper body leaning backward slightly.

Finish: Rotate trunk and lift ball to center of body, then continue rotating over to opposite side touching ball to floor while keeping legs stationary and feet off floor. Repeat in a continuous side to side rotation pattern.

If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of exercise, perform the exercise more quickly, or take less rest between exercises.
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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