

SPRI[®] XERCISE BALL[™]

EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.

—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 or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

Before beginning this or any other exercise program, you should always consult with your doctor or physician.

KICK-BACK LUNGE



Start: Stand with feet hip-width apart. Place the top of one foot on top of the ball behind you, with upper body upright and arms along sides of body.

Finish: Straighten the back leg and roll ball backward while bending the front leg. While keeping upper body upright, straighten front leg, roll ball forward, return to start position and repeat.

TRUNK CURL



Start: Lie face up and position ball under lower back. Bend legs and place feet flat on floor directly under knees, with arms bent and head resting in hands.

Finish: Slowly lift head and shoulders up and forward while pressing ribs toward hips. Keep ball and lower body stationary, return to start position and repeat.

SIT-UP TWIST



Start: Lie face up and position ball under low back. Bend legs and place feet flat on floor directly under knees with arms bent and head resting in hands.

Finish: Slowly lift head and shoulders up and forward while twisting trunk to one side and pressing ribs towards hips. Keep ball and lower body stationary, return to start position and repeat.

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BACK EXTENSION



Start: Lie on stomach with hips on top of ball. Bend legs and position toes on floor shoulder-width apart. Bend arms and place hands on back of head with elbows flared.

Finish: Lift upper body upward while arching low back and squeezing shoulder blades together. Keep ball and lower body stationary, return to start position and repeat.

HIP EXTENSION



Start: Lie on stomach with hips on top of ball. Straighten legs and position toes on floor hip-width apart. Straighten arms and position hands on floor directly below shoulders.

Finish: Lift legs straight up to hip height with toes pointed. Keep ball and upper body stationary, return to start position and repeat.

MOUNTAIN CLIMBER



Start: Bend arms and place forearms on top of ball with elbows directly below shoulders. Straighten legs and position toes on floor hip-width apart.

Finish: Slowly bend one leg and bring knee toward chest with opposite leg straight and toes on floor. Keep ball and upper body stationary, return to start position and repeat.