GNIE STABLEBALL

EXERCISE GUIDE

EXERCISE INSTRUCTION

- Always maintain proper body alignment while performing each exercise.
- 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.
- · Perform an equal number of exercise repetitions on each side of body to avoid the development of muscle imbalances. (Applies only to select Stability Ball exercises.)
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets.

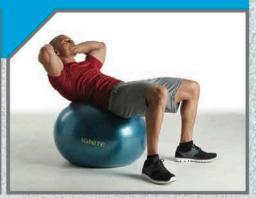
-OR-

- 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 maximum of 2-3 times per week.
- Allow 24-48 hours of complete rest between each Stability Ball exercise session.

TRUNK CURL

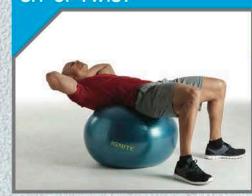


Start: Lie with low back on top of ball. Bend legs, position feet flat on floor shoulder-width apart. Bend arms and place hands behind head.

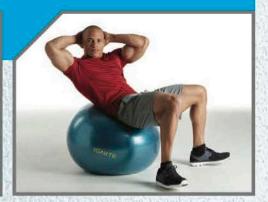


Finish: Keep ball stationary, tighten abdominal muscles, slowly raise head and shoulders up and forward while pulling ribs down toward hips. Hold 1-2 seconds and slowly return to start position.

SIT-UP TWIST

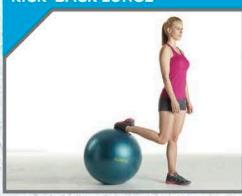


Start: Lie with low back on top of ball. Bend legs, position feet flat on floor shoulder-width apart. Bend arms and place hands behind head.



Finish: Keep ball stationary, tighten abdominal muscles, slowly raise head and shoulders up and forward while rotating at the waist and pulling ribs down toward opposite hip. Hold 1-2 seconds, slowly return to start position and repeat to opposite side.

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.

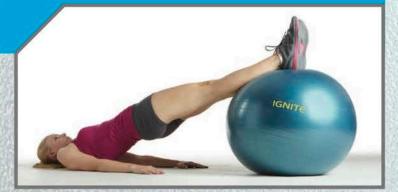


Finish: Press top of foot into ball; slowly straighten leg behind body and roll ball across floor while bending opposite leg and arms and arching low back. Hold 1-2 seconds and slowly return to start position.

BRIDGE



Start: Lie on back on floor. Straighten legs, position heels on top of ball hip width apart. Straighten arms and place on floor along sides of body.

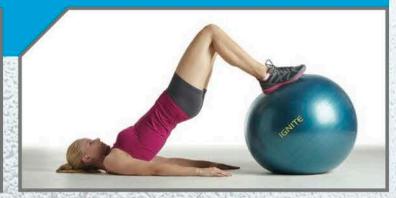


Finish: Keep ball stationary, tighten low back and buttocks, and slowly lift hips upward while arching low back and straightening body. Hold 1-2 seconds and slowly return to start position.

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.

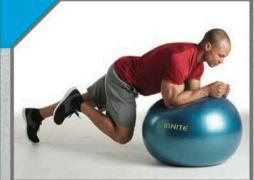


Finish: Press heels into ball, lift hips upward and slowly bend legs while rolling ball across floor and bringing heels toward buttocks. Hold 1-2 seconds and slowly return to start position.

PLANK MOUNTAIN CLIMBER



Start: Bend arms and place elbows and hands on top of ball. Straighten legs and position toes on floor hip



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.

HIP EXTENSION



Start: Lie on stomach on top of ball. Straighten legs, and place hands directly below shoulders.



Finish: Keep ball stationary, tighten low back and position toes on floor hip width apart. Straighten arms buttocks, and slowly lift straight legs upward to hip height. 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.

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