**IGNITE**
**SPRI**
**STABLE BALL**
**EXERCISE GUIDE**

**EXERCISE INSTRUCTION**
- Always maintain proper body alignment while performing each exercise.
- Complete 1-3 sets of 10-20 repetitions of each exercise selected.
- Rest approximately 90-120 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.

**TRUNK CURL**

**Start:** Lie with knees tucked under 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 feet even toward toes. Hold 1-2 seconds and slowly return to start position.

**KICK-BACK LUNGE**

**Start:** Stand on one leg. Bend opposite leg and position toes of foot on top of ball. Spread weight and straighten arms along sides of body.

**Finish:** Press top of foot into ball while straighten leg behind body and extend arm across floor while bending opposite leg and arms and bringing leg back. Hold 1-2 seconds and slowly return to start position.

**BRIDGE**

**Start:** Lie on back on floor. Straighten legs and place hands on sides of ball. Sink down and engage abs.

**Finish:** Keep ball stationary. Tighten lower back and buttocks, and slowly lift hips upward while bending both knees. Hold 1-2 seconds and slowly return to start position.

**LEG CURL**

**Start:** Lie on back on floor. Place ball on top of ball with legs apart, spread weight and straighten arms along sides of body.

**Finish:** Keep ball stationary. Tighten lower back and buttocks, and slowly lift straight leg upward to hip height. 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 width apart.

**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, position toes on floor hip width apart. Straighten arms, and place hands directly behind shoulders.

**Finish:** Keep ball stationary. Tighten lower back and buttocks, and slowly lift straight leg 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 lower back muscles, and slowly raise head and shoulders up and forward while bringing back and squeezing shoulder blades together. Hold 1-2 seconds and slowly return to start position.