

**Fit Ball**  
**5/3/12**  
**Shila Wu**

**Exercise**



**Full Squat (barbell)**

1. Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across posterior deltoids at middle of trapezius (as shown). DO NOT rest bar on neck. Lift elbows up, pull shoulder blades together, and lift chest up to create a "shelf" for the bar.
2. Start position: Using the legs, remove bar from rack. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.
3. Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to "sit back" so that knees stay over the feet.
4. Once thighs are parallel to floor, return to start position.
5. Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.
6. DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

**Trainer's comments:**

Using stability ball instead of a barbell.



**Russian Twist**

1. Stand with feet hip-width apart.
2. Hold stability ball with both hands and arms only slightly bent.
3. Swing ball over to the right hip and forcefully swing ball forward and around towards the left side. Reverse back in the opposite direction. Keep the stomach drawn in to maximize proper usage of muscle.



**Diagonal Chop**

- Starting Position: Start with your arms extended holding the stability ball up and to your right.
2. Bring stability ball down in a wood chopping motion towards your left foot.
  3. During this motion your feet stay stationary and you rotate at your trunk.
- Repeat this motion for the desired repetitions and then repeat in the opposite direction.



**Single Leg Chop**

1. Starting Position: Stand on right leg and your arms are extended holding the stability ball up and to your right.
2. Bring stability ball down in a wood chopping motion towards your left foot.
3. During this place motion switch feet so your left foot is now on the ground and your right foot is in the air. Repeat this motion for the desired repetitions and then repeat in the opposite direction.



**Stability ball Lunge**

1. Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.
2. Step forward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury. Take stability ball during this movement and press the ball over your head.
3. Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
4. Remember to keep head and back upright in a neutral position. Shoulders and hips

should remain squared at all times.



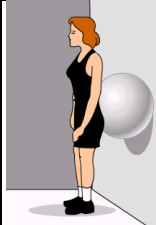
### **Chop**

1. Start Position: Hold stability ball with your arms extended overhead.
2. In one continuous motion bring the ball down in front of you like you are chopping wood.
3. You will have to bend at your knees to complete this.
4. Return to starting position and repeat.



### **Frontal Reach**

1. Start position: Stand with feet hip width apart. Hold stability ball or dumbbell at waist.
2. Step laterally 2-3 feet with the heel striking first and lean torso forward. With both hands, reach down in front of you so that finger tips touch the floor. DO NOT allow front knee to extend past the big toe - may cause injury.
3. Pushing off left foot, return to start position. Continue with same leg or alternate as prescribed.
4. Remember to keep head and back in a neutral position. Reaching forward should be performed at the hips and not the low back. Shoulders and hips should remain squared at all times.



### **Wall Squat**

1. Place stability ball against wall approximately lower back height.
2. Start position: Lean lower back against ball and take approximately one step forward with each foot. Feet should be slightly wider than hip width apart.
3. Bending at the hips and knees, lower body until thighs are parallel to the ground. DO NOT allow knees to extend past the big toe.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position.
6. Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially.



### **Sagittal Front Reach**

1. Start position: Stand with feet hip width apart. Hold stability ball or dumbbell at waist.
2. Step forward 2-3 feet with the heel striking first and lean torso forward. With both hands, reach down towards the front foot so that finger tips touch the floor. DO NOT allow front knee to extend past the big toe - may cause injury.
3. Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
4. Remember to keep head and back in a neutral position. Reaching forward should be performed at the hips and not the low back. Shoulders and hips should remain squared at all times.
5. Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.



### **Transverse Reach**

1. Start position: Stand with feet hip width apart. Hold stability ball at waist.
2. Take right foot and step 2-3 feet out to the right side (or the 3 o'clock position). Lean torso forward and sit the right glute back. Reach ball down towards the right foot so that finger tips touch the floor. DO NOT allow lunging knee to extend past the big toe - may cause injury.
3. Pushing off lunging foot, return to start position. Continue with same leg or alternate as prescribed.
4. Remember to keep head and back in a neutral position. Reaching forward should be performed primarily at the hips and not the low back.
5. Watch for proper knee alignment - do not let lunging knee extend past big toe or deviate laterally or medially. Opposite leg should remain straight during lunging phase as shown.



### **Circles**

- Start Position: Hold stability ball with your arms extended overhead.
- In one continuous motion bring the ball down in a circular motion. Squat down so that the ball is just off of the ground during the bottom portion of the circle.
- Repeat for prescribed repetitions and then reverse the circle.



### **Figure 8**

- Start Position: Hold stability ball with your arms extended over your right shoulder.
- In one continuous motion bring the ball down in front of you like you are chopping wood and the ball should end towards your left foot.
- Stand back up and raise the ball straight up over your left shoulder and now bring the ball down towards your right foot.
- You will have to bend at your knees to complete this.
- Return to starting position and repeat.



### **Single Leg Russian Twist**

1. Stand with feet hip-width apart.
2. Hold stability ball with both hands and arms only slightly bent.
3. Swing ball over to the right hip and come up onto right foot. Forcefully swing ball forward and around towards the left side so that you are only standing on left foot. Reverse back in the opposite direction. Keep the stomach drawn in to maximize proper usage of muscle.



### **Spine Twist with Stability Ball**

1. Sit in an upright position on a stability ball with your feet flat on the floor.
2. Hold your arms out to the side and slowly rotate your shoulders and trunk to the left side and then back to the right.
3. Your trunk and shoulders should stay together as one unit. Repeat according to prescribed repetitions.



### **Shoulder Press**

1. Sit in upright position on a ball.
2. Start position: Position DB's to ear level with an overhand grip (palms facing forward).
3. Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.



### **Seated core warm-up on ball**

1. Sit on exercise ball with your hands at your hips.
2. Raise the right side of your hip up towards your shoulder.
3. Return to the starting position and repeat with the other side.
4. Repeat for the prescribed repetitions.



### **Seated arm swings**

1. Sit on a ball.
2. Raise one arm forward to chest level and raise the opposite arm behind you to your end range of motion (not higher than shoulder level).
3. Control the weight and return to the starting position and repeat.



### **Pilates Saw on Stability Ball**

1. Sit on stability ball with your legs straight and your arms outstretched to the side.
2. Rotate and twist your trunk so that your right hand reaches and touches your left foot.
3. Return to the starting position and repeat to the other side.



### **Dumbbell Press on Ball**

1. Sit in upright position on ball with feet flat on floor and DB in each hand. (You may rest each DB on the corresponding thigh.)
2. Walk feet forward allowing ball to roll underneath body until it is positioned on mid to upper back region (you may rest head on ball). Raise hips to create a "table top" position parallel to floor.
3. Start position: Maintaining stability, bring DB's to shoulders and press up positioning DB's above the chest with palms facing forward.
4. Lower the DB's keeping your forearms perpendicular to the floor and your hands aligned at the nipple line.
5. Let your upper arms go slightly past parallel to the floor and press the DB's up to the start position.
6. Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position. If maintaining stability is difficult, lower hips below parallel until stability is established.



### **Pull Over**

1. Sit in upright position on stability ball with feet flat on floor.
2. Walk feet forward allowing stability ball to roll underneath body until it is positioned on mid to upper back region (you may rest head on stability ball). Raise hips to create a "table top" position parallel to floor.
3. Place dumbbell on chest with handle perpendicular to chest. Grasp DB as shown.
4. Start position: Extend elbows and raise DB even with the eye-line.
5. With elbows slightly bent, lower DB back even to slightly below head level.
6. Return to start position.
7. Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position. Hyperextension or arching of the back may cause injury. Never lock out elbows. If maintaining stability is difficult, lower hips below parallel until stability is established.



### **Tricep Extensions**

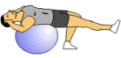
1. Sit in upright position on a ball. Grasp DB's rest it on corresponding thighs.
2. Start position: Lie onto back and bring the barbell to your chest. Press DB's up so they are directly over the upper chest.
3. Lower the dumbbells toward your forehead by bending elbows to 90°. Elbows should remain pointing forward.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.

### **Alternating Crunch**



1. Sit in upright position on stability ball with feet flat on floor.
2. Walk feet forward allowing stability ball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
3. Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up and rotate your shoulders to the left.
5. Return to start position and repeat to the other side.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

### **Single Leg Crunch**



1. Sit in upright position on stability ball with feet flat on floor.
2. Walk feet forward allowing stability ball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
3. Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest. Extend one leg straight out and off the ground.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.
5. Return to start position and repeat with the other leg off of the ground.

### **Russian Twist**

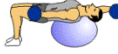

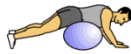
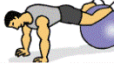

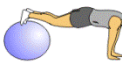






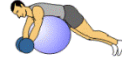

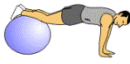

1. Roll out onto ball in a supine position. The ball should be on your upper back.
  2. Keeping your hips and body parallel to the floor (no sagging of the hips) rotate your shoulders to the right with your arms extended.
  3. Remember to keep your trunk parallel with the floor.
- Now rotate towards your left and repeat back and forth until the desired number of repetitions is met. The ball should pretty much stay in one place. Keep your body in a straight line and parallel with the floor. No sagging of the hips.

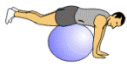
### **Shoulder Criss-Cross on the Ball**



1. Start position: Maintaining stability, bring DB's to shoulders and press up positioning DB's above the chest with palms facing each other (neutral grip).
2. Keeping the elbows slightly bent, lower the DB's out and away from each other in an arcing motion with hands aligned with the nipple-line.
3. Let your upper arm go parallel to slightly past parallel to the ground then bring your arms up and across your body to the opposite shoulder. Return to the starting position.

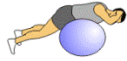
	<p><b><u>Alternate Arm Swings on Ball</u></b></p> <ol style="list-style-type: none"> <li>1. Starting Position: Lie supine on stability ball. Take a dumbbell in each hand and start with arms extended straight up towards ceiling.</li> <li>2. Simultaneously keeping arms straight extend one arm back and the other arm forward.</li> <li>3. When your arms are parallel to the floor return to the starting position.</li> <li>4. Repeat for the prescribed number of repetitions.</li> </ol>
	<p><b><u>Stability Ball Lying Side Raise</u></b></p> <ol style="list-style-type: none"> <li>1. Lie on your side on a stability ball.</li> <li>2. Start position: Grasp DB's with an underhand grip (palm facing down). Arm should hang down at sides with elbows slightly bent.</li> <li>3. Raise DB to side of body until the DB is straight overhead. Keep elbows only slightly bent with thumbs pointing up throughout movement.</li> <li>4. Return to start position.</li> </ol>
	<p><b><u>Alternating Superman on Ball</u></b></p> <ol style="list-style-type: none"> <li>1. Lie face down on a ball with arms extended overhead.</li> <li>2. Raise right arm and left leg 4-8 inches off floor.</li> <li>3. Lower and raise alternate opposite arm and leg.</li> <li>4. Remember to keep head and back in a neutral position. Shoulders and hips should remain squared throughout movement.</li> </ol>
	<p><b><u>One Arm Prone Bridge</u></b></p> <p>Start Position: Roll out on the ball so that your shins are on the ball and you are supported by your hands in a table top position.</p> <p>Take one hand and lift off the ground and bring back towards your hip. Now raise it out in front of your head.</p> <p>Repeat with other arm.</p>
	<p><b><u>Elbow Bridge</u></b></p> <p>Starting Position: Place forearms and elbows on the ball and form a plank or bridge position.</p> <p>Hold for the prescribed number of seconds. You should feel your abdominals working during this exercise.</p>
	<p><b><u>Pushup (both feet on ball)</u></b></p> <ol style="list-style-type: none"> <li>1. Lie face down with chest on stability ball.</li> <li>2. Take your hands and walk forward allowing the stability ball to roll under your body until the top of your feet are supported by the stability ball.</li> <li>3. Start position: With arms fully extended, place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line.</li> <li>4. Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor.</li> <li>5. Return to the start position by extending at the elbows and pushing the body up.</li> </ol>
	<p><b><u>Single Leg Curl ON ball</u></b></p> <ol style="list-style-type: none"> <li>1. Start by rolling face down onto the ball so that the ball is under your hips.</li> <li>2. Place your hands on the ground for stability with both legs elevated off the ground.</li> <li>3. Curl one leg up towards your back and then return to the starting position.</li> </ol> <p>Repeat with the other leg.</p> <p>4. To add intensity you can place an ankle weight around your legs or attach your ankle to tubing or a cable.</p>

	<p><b><u>Leg kick on ball</u></b></p> <ol style="list-style-type: none"> <li>1. Start by lying on top of the ball with your stomach and toes on the ground with your knees extended. Your arms should be at your side.</li> <li>2. Reach forward with your arms so that your hands are on the ground. While doing this curl your legs up so that your knees are at a 90 degree angle.</li> <li>3. Return to the starting position and repeat.</li> </ol>
	<p><b><u>Kneeling Shoulder Rollout</u></b></p> <p>Start on your knees and place your hands on the ball with your arms outstretched.</p> <p>Rollout out the ball keeping your hips parallel with the rest of your body.</p> <p>Return to the starting position by pulling your arms back up the ball until you are in an upright position.</p>
	<p><b><u>Rollout to Hip on Ball</u></b></p> <p>Starting Position: Place outstretched hands on the ball and bend forward at the waist.</p> <p>Rollout the ball so that the ball rolls down towards your waist.</p> <p>Pull yourself back to the starting position and repeat.</p>
	<p><b><u>Prone Fly on Ball</u></b></p> <ol style="list-style-type: none"> <li>1. Lie face down with chest supported by stability ball. Feet should be wider than shoulder width apart for stability. Knees may or not be on ground on depending on comfort.</li> <li>2. Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders.</li> <li>3. With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement.</li> <li>4. Return to start position. However, only lower DB's to within an inch of floor.</li> <li>5. Remember to keep head in a neutral position and trunk stable.</li> </ol>
	<p><b><u>1 leg knee drive with stability ball</u></b></p> <ol style="list-style-type: none"> <li>1. Start by placing your hands on top of a stability ball and hold yourself in a pushup position.</li> <li>2. Maintaining good balance raise your left leg up towards your chest and then return your foot to the floor.</li> <li>3. Repeat with the other leg.</li> <li>4. Keep your abs drawn in tight and control the leg movement.</li> </ol>
	<p><b><u>Full Pike</u></b></p> <p>Rollout on the ball until your shins are on the ball and you are forming a bridge. Keeping this position roll your legs in towards your chest keeping your legs semi straight.</p> <p>Your hips should be elevated towards the ceiling.</p> <p>Return to the starting position and repeat.</p>
	<p><b><u>Same Side Superman</u></b></p> <ol style="list-style-type: none"> <li>1. Start position: Lie face down on ball with hands down at sides. Raise left arm and left leg off floor.</li> <li>2. Return to start position and repeat with the other side.</li> </ol>



### **Pushup prone on stability ball**

1. Start by lying down on a stability ball under your hips and placing your hands on the ground
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.



### **Low Back Extension**

1. Lie face down on stability ball with knees and feet on floor.
2. Stability ball placement should be at abdominal to lower chest region.
3. With hands on chest, raise trunk 4-8 inches.
4. Lower to start position.
5. To increase intensity, position ball down towards hips, feet wide with knees off floor. Hands may be placed behind head and overhead to further increase resistance. To increase stability, place feet against wall or stationary object.



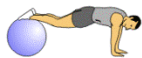
### **Stability Ball Front DB Shoulder Raise**

1. Lie face down on stability ball.
2. Start position: Position arms to side of body with thumbs pointing down.
3. Raise arms up above head and squeeze shoulder blades together at top of movement.
4. Return to start position.
5. Remember to keep head in neutral position. If positioned on floor or bench, place a rolled towel under forehead.



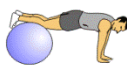
### **Stability Ball Horizontal DB Shoulder Raise**

1. Lie face down with chest supported by stability ball. Feet should be wider than shoulder width apart for stability. Knees may or not be on ground on depending on comfort.
2. Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders.
3. With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement.
4. Return to start position. However, only lower DB's to within an inch of floor.
5. Remember to keep head in a neutral position and trunk stable.



### **Swiss Ball Protraction**


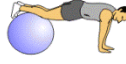





1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
  2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes up on a stability ball.
  3. Start position: Extend the elbows and raise the body off the floor.
  4. Extend at the elbows and pressing up at the shoulders separating the shoulder blades and arching the upper back.
- Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Avoid hyperextension.













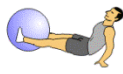


### **Single Leg Alternating Pull In**




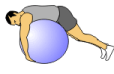




- Rollout on the ball until your shins are on the ball and you are forming a bridge. Keeping this position roll one knee in towards your chest. Return to the starting position and repeat with the other leg.



	<p><b><u>Stability Ball Prone External Rotation</u></b>          Lie face down on the stability ball and hold a weight plate in each hand with your elbows at 90 degrees and your hands pointed downward.          Keeping your elbows at 90 degrees rotate your arms up towards the ceiling in an external rotation movement.</p>
	<p><b><u>Prone Knee Tuck side to side</u></b>          Rollout on the ball until your shins are on the ball and you are forming a bridge.          Keeping this position roll your knees in towards your chest.          Return to the starting position and repeat.</p>
	<p><b><u>Pushups with feet on stability ball</u></b></p> <ol style="list-style-type: none"> <li>1. Lie face down with chest on stability ball.</li> <li>2. Take your hands and walk forward allowing the stability ball to roll under your body until the top of your feet are supported by the stability ball.</li> <li>3. Start position: Place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line. Remove one foot and suspend it 4-6 inches above the stability ball.</li> <li>4. Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor.</li> <li>5. Return to the start position by extending at the elbows and pushing the body up.</li> <li>6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.</li> </ol>
	<p><b><u>Shoulder Roll Out (on knees)</u></b>          Start on your knees and place your hands on the ball with your arms outstretched.          Rollout out the ball keeping your hips parallel with the rest of your body.          Return to the starting position by pulling your arms back up the ball until you are in an upright position.</p>
	<p><b><u>Straight Leg Lift</u></b></p> <ol style="list-style-type: none"> <li>1. Start by lying on your back with your legs perpendicular to the floor holding a stability ball in between your legs.</li> <li>2. Keeping your abs tight and your lower back in a neutral position slowly lower the ball towards the floor.</li> <li>3. Once you reach the floor return to the starting position and repeat.</li> <li>4. If you find that your lower back is coming up off the floor shorten the range of motion until your abdominal muscles get stronger.</li> </ol>
	<p><b><u>Reverse crunch with ball</u></b></p> <ol style="list-style-type: none"> <li>1. Lie on your back and hold a stability ball between your legs.</li> <li>2. Raise your legs up off the floor and bring to a 90 degree angle to your hips.</li> <li>3. Proceed to curl your hips up and backwards towards your shoulders.</li> <li>4. Return to the starting position of 90 degrees at the hip and repeat.</li> </ol>
	<p><b><u>Teaser with exercise ball</u></b></p> <ol style="list-style-type: none"> <li>1. Lie face up with legs extended and heels on stability ball. Inhale. Exhale, drawing bellybutton to spine and chin to chest.</li> <li>2. At the same time, lift torso off floor until you are balanced on your sitting bones and arms are extended to ceiling.</li> <li>3. Extend spine in neutral position. Inhale as you balance on sitting bones and exhale as you roll down to starting position.</li> </ol>

	<p><b><u>Crunch (feet on ball)</u></b></p> <ol style="list-style-type: none"> <li>1. Start position: Lie back onto floor or bench with knees on top of the ball and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.</li> <li>2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.</li> <li>3. Return to start position.</li> <li>4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.</li> </ol>
	<p><b><u>One Leg V-Up</u></b></p> <ol style="list-style-type: none"> <li>1. Start position: Lie back onto floor or bench with knees bent, both hands behind head. Keep elbow back and out of sight. Head should be in a neutral position with a space between chin and chest.</li> <li>2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Extend arms and also raise one leg up toward ceiling.</li> <li>3. Return to start position.</li> </ol> <p>Remember to keep head and back in a neutral position. Hyperextension or flexion may cause injury. To increase resistance, hold stability ball in hands. To decrease resistance, position hand closer towards body.</p>
	<p><b><u>Pilates breath exercise</u></b></p> <ol style="list-style-type: none"> <li>1. Start by lying on your back and placing your feet on top of a ball.</li> <li>2. Keep your arms at your sides and raise them off the ground.</li> <li>3. Curl your shoulders up off the ground and hold.</li> <li>4. Breath rhythmically with your legs. Breathe in when bring your legs in and breathe out as you extend your legs. Your arms should move up and down repeatedly at more of a 2:1 ratio to your legs.</li> </ol>
	<p><b><u>Hip Bridge on Ball</u></b></p> <ol style="list-style-type: none"> <li>1. Assume back lying position on floor. Place hands at sides with palms down on floor.</li> <li>2. Start position: Place heels on top of stability ball with knees slightly bent.</li> <li>3. Raise hips off floor by pressing heels into ball.</li> <li>4. Return to start position.</li> <li>5. To increase difficulty, raise and extend arms above chest.</li> </ol>
	<p><b><u>Hip Circles with stability ball</u></b></p> <ol style="list-style-type: none"> <li>1. Sit on the floor and place a stability ball between your lower legs.</li> <li>2. Squeeze the stability ball with your legs and raise your legs into the air.</li> <li>3. Rotate your legs up and down opposite of each other to create a circular motion.</li> <li>4. Continue for prescribed number of repetitions.</li> </ol>
	<p><b><u>Single Leg Hip Extension on Ball</u></b></p> <ol style="list-style-type: none"> <li>1. Assume back lying position on floor. Place hands at sides with palms down on floor.</li> <li>2. Start position: Place one heel on top of stability ball with knee slightly bent.</li> <li>3. Raise hips off floor by pressing one heel into ball.</li> <li>4. Return to start position.</li> <li>5. To increase difficulty, raise and extend arms above chest.</li> </ol>

	<p><b><u>Stability ball Crunch</u></b></p> <ol style="list-style-type: none"> <li>1. Start position: Lie back onto floor or bench with knees bent and hands above your head holding a stability ball. Head should be in a neutral position with a space between chin and chest.</li> <li>2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.</li> <li>3. Return to start position.</li> <li>4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.</li> </ol>
	<p><b><u>Arm to Leg Exchange</u></b></p> <ol style="list-style-type: none"> <li>1. Lie back onto floor or bench with knees bent and hands straight behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.</li> <li>2. Start position: Straighten legs and hold a stability ball between your legs.</li> <li>3. Leading with the chin and chest towards the ceiling, contract the abdominals and raise shoulders off floor or bench. During the crunch, also bring legs and ball towards chest. At the top position transfer the ball from your legs to your hands.</li> <li>4. Return to start position and repeat in the other direction.</li> <li>5. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.</li> </ol>
	<p><b><u>Hamstring Curl</u></b></p> <ol style="list-style-type: none"> <li>1. Assume back lying position on floor. Place hands at sides with palms down on floor.</li> <li>2. Start position: Place heels of both feet on top of stability ball. Raise hips off floor.</li> <li>3. Curl heels toward glutes by flexing at the knee. Hips should remain off floor.</li> <li>4. Return to start position.</li> <li>5. Remember to maintain stability of ball by utilizing muscles in the trunk and core. To increase difficulty, cross arms hands over chest to take away base of support.</li> </ol>
	<p><b><u>Squeeze, Twist and Crunch</u></b></p> <ol style="list-style-type: none"> <li>1. Start position: Lie back onto floor or bench with legs extended and straight up squeezing a stability ball and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.</li> <li>2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor and twist your shoulders leading with the right shoulder. Return to start position and repeat with the other shoulder.</li> </ol>
	<p><b><u>Lower Abs In and Out</u></b></p> <p>Sit in a seated position and place a stability ball between your legs. Straighten your legs and then bring your knees to your chest and lift the ball off the floor. Return to the starting position.</p>
	<p><b><u>Lumbar Roll</u></b></p> <p>Start Position: Lie on your back and place a stability ball under your calves and knees. Let your legs fall to one side while maintaining contact with the ball. Return to the starting position and repeat to the other side.</p>
	<p><b><u>Piriformis Stretch</u></b></p> <ol style="list-style-type: none"> <li>1. Sit on the ball with one leg bent and the other foot placed on top of the opposite knee.</li> <li>2. Push down gently on your knee until a stretch is felt in your hip/glute and turn the opposite direction.</li> <li>3. Hold for the required time and repeat with the other side.</li> </ol>

	<p><b><u>Supine Hip Stretch with ball</u></b></p> <ol style="list-style-type: none"> <li>1. Lie on your back with one foot on top of a ball and the other foot on top of the opposite knee.</li> <li>2. Slowly curl the ball towards your chest until a stretch is felt in the opposite hip.</li> <li>3. Return to the starting position and repeat for the prescribed reps. Then repeat with the other leg.</li> </ol>
	<p><b><u>Kneeling Shoulder Stretch with ball</u></b></p> <ol style="list-style-type: none"> <li>1. Start by kneeling on the ground and placing your left hand and forearm on top of the ball.</li> <li>2. Rotate the ball towards the right so that ball starts to travel up your arm. Remember to keep your arm straight.</li> <li>3. Hold for the required time and repeat with the other side.</li> </ol>
	<p><b><u>Side Lying Stretch over Stability ball</u></b></p> <ol style="list-style-type: none"> <li>1. Lie on your side with the stability ball just on top and above your hip. Spread your feet apart so that you can balance. Once your balance improves then put your feet together.</li> <li>2. Reach over your head and reach towards the floor until a comfortable stretch is felt.</li> <li>3. Hold for the prescribed time and then return to the starting position and repeat. Switch to the other side and complete prescribed repetitions.</li> </ol>
	<p><b><u>Prone back stretch with ball</u></b></p> <ol style="list-style-type: none"> <li>1. Start by laying facing down over the top of a stability ball.</li> <li>2. Roll yourself forward so that your back rounds and you can create a stretch.</li> <li>3. Hold for the prescribed number of seconds.</li> </ol>
	<p><b><u>Standing Adductor Stretch with ball</u></b></p> <ol style="list-style-type: none"> <li>1. Start by placing your right knee on top of a stability ball and maintain your balance.</li> <li>2. Slowly spread your leg out to the side until you feel a stretch on the inside of your thigh.</li> <li>3. Hold for the prescribed length of time and then repeat with the other side.</li> </ol>
	<p><b><u>Hip Flexor Stretch on ball</u></b></p> <ol style="list-style-type: none"> <li>1. Sit on the ball with one leg stretched behind you and the other leg bent at the knee in front of the ball.</li> <li>2. Shift forward keeping the back foot planted until you feel a stretch in the hip flexor of the outstretched leg.</li> <li>3. Hold for the prescribed time and repeat with the other leg.</li> </ol>
	<p><b><u>Kneeling Chest Stretch with ball</u></b></p> <ol style="list-style-type: none"> <li>1. Start by assuming the position of being on your hands and knees.</li> <li>2. Place one arm on top of a stability ball placing the elbow at 90 degrees.</li> <li>3. Now shift your body towards the ground until a stretch is felt in your chest area of the outstretched arm.</li> <li>4. Hold for the required time and repeat with the other side.</li> </ol>
	<p><b><u>Supine Abdominal Stretch</u></b></p> <ol style="list-style-type: none"> <li>1. Lie across the ball with the small of your back on top of the ball.</li> <li>2. Stretch your arms back behind your head and somewhat reach for the floor.</li> <li>3. Allow your abs to stretch and hold the position for the prescribed number of reps.</li> </ol>