



## 1.) Ball Squats

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight \_\_\_\_ Lbs.

**INSTRUCTIONS:** Assume standing position- feet slightly wider than shoulders width. Lean against a ball positioned between your low back and the wall. Perform a full squat to 90 degrees of hip and knee flexion not allowing your knees to cross forward over your toes. Maintain an upright trunk and neutral lumbar spine with abdominals braced. Hold dumbbells or a medicine ball for a greater challenge.



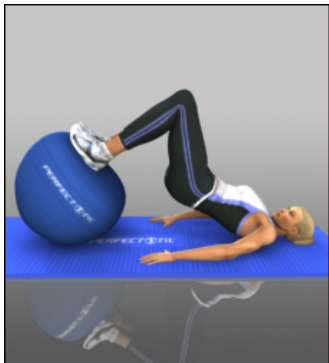
## 2.) Curl Up on Ball

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a back-lying position on a stability ball. Position your fingertips behind your ears. Contract your abdominal musculature to elevate your head and trunk a short distance toward the ceiling. Hold for a brief moment at the top, then lower. Perform repetitions in a slow, controlled manner. Rest between sets.



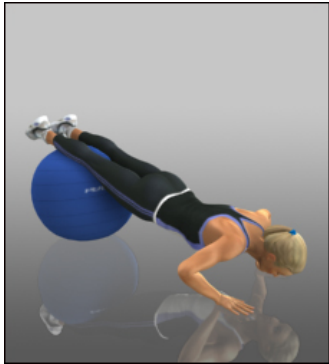
## 3.) Supine Double Leg Ball Curls

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a back-lying position on the floor with your feet and lower calves positioned on a stability ball. Bridge yourself up into a straight position by extending your hips and using your hands to assist with balance. Brace your lower torso by contracting your abdominals and back muscles. Roll the ball in toward your buttocks by flexing your hips and knees and roll the ball slowly out keeping your trunk stationary. Perform a complete set, then rest.



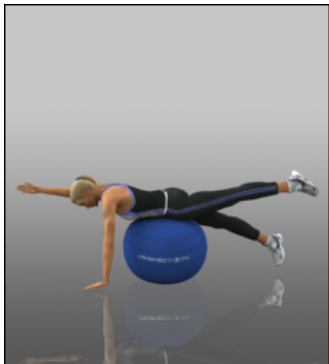
## 4.) Decline Ball Push Ups (Feet on Ball)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a push-up position with your hands shoulder width apart on the floor and your knees and lower legs positioned on a stability ball. Brace your lower torso by contracting your abdominals and low back muscles to help maintain balance on the ball. Slowly lower your body to a position where your elbows are flexed approximately 90 degrees. Push your body back up to the starting position to complete each repetition. Take the appropriate rest between sets.



## 5.) Prone Bird Dog Over Ball

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a front-lying (prone) position on a stability ball with only your hands and toes in contact with the floor. Brace your lower torso muscles and slowly raise one arm (thumb up) and extend your opposite leg toward the ceiling and hold for 2-3 seconds. Place cuff weights around your wrists and/or ankles for a greater challenge. Perform a full set on one side first or alternate sides if desired.



## 6.) Posterior Lunges with Stability Ball Overhead Sweep

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight \_\_\_\_ Lbs.

**INSTRUCTIONS:** Assume standing position. Hold a medicine ball or stability ball in front of your lunge leg. Step backwards with one leg and lower into a lunge position by bending your front leg hip and knee to a comfortable position or 90 degrees of flexion. Move the medicine ball or stability ball across your body and over your opposing shoulder. Maintain upright trunk with abdominals braced. Perform full set on single side then switch.



### 7.) Single Leg Calf Raises (Leaning Forward)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a standing position with your knee straight standing on a single leg. Lean forward against a ball positioned on a wall. Begin with your foot flat on the floor and push up on your toes as high as possible. Hold at the top for a brief second and then allow your heel to lower. Perform a complete set then switch sides. Take the appropriate rest period.



### 8.) Prone Ball Walkouts

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a front-lying position over a stability ball. The ball should be positioned under your hips. Tighten your abdominal muscles to stabilize your trunk and slowly begin to walk your hands forward on the floor keeping your elbows straight. Continue to transition forward until the ball is under your ankles and then walk your hands back. Perform repetitions in a slow, controlled manner. Rest between sets.