



**Pelvic Tilts**

Sitting tall on gym ball, hands relaxed at sides. Perform a posterior pelvic tilt by sucking stomach in and rocking pelvis forward to flatten low back, upper body should not move. Rock pelvis backwards to arch the low back. Ball will roll slightly back and forth. Keep within pain free range of motion.

Sets:	1-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**March - Seated**

Sitting on gym ball in readiness position, hands resting on sides of ball. Maintaining balance and readiness position, raise one foot up off the floor as if to march. Return foot to floor and repeat with opposite foot.

Sets:	1-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



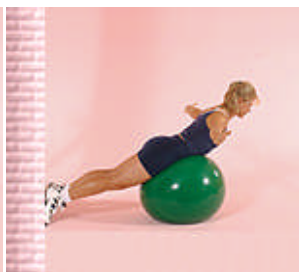
**Cross Crawl - Seated**

Sitting tall on gym ball. With control, raise one knee up while at the same time raising the opposite arm overhead. Lower and repeat with opposite. Maintain an abdominal hollow throughout movement.

Sets:	1-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
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**Airplane**

From a kneeling position with ball in front of stomach, place toes against wall and raise upper body onto ball so that ball rests under pelvis. Position arms 90° to the sides with thumbs pointing up to ceiling. Perform an abdominal hollow and pelvic tilt to maintain stability, then raise upper body up until rib cage is just off ball (ears, shoulders and hips should be in line). Hold, lower and repeat.

Sets:	1-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31