



Bridge / Marching

Holding a bridge position, keep pelvis stable and maintain abdominal hollowing to support low back. Slowly raise one foot off the floor as if to march. Return foot to floor and repeat with opposite leg.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 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

Notes:

BE CAREFUL WITH ANY GYMBALL ACTIVITY WHERE YOU ARE BALANCING ON THE BALL AS A FALL MAY RESULT IF CARE IS NOT TAKEN TO PROGRESS SLOWLY.



Supine Bridge One Leg Dips

From a supine bridge position, raise one foot up off ball. With control, slowly lower pelvis toward floor maintaining abdominal hollowing. Rise up to the starting position and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 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

Notes:



Crunches

Lying on gym ball with the ball under the small of the back (or slightly higher). Gently cradle head in the hands (do not pull with arms). Suck abdominals in and sit up towards a seated position, leading with the chest and keeping head in neutral. Lower with control and repeat. Maintain the abdominal hollow throughout the movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 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

Notes:



Obliques

Lying on gym ball with the ball under the small of the back (or slightly higher). Gently cradle head in the hands (do not pull with arms). Rotate as you sit up towards a seated position. Slowly and with control lower back down to the starting position. Maintain abdominal hollowing throughout the movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 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

Notes:



Side Raises

Kneel down on one knee beside ball with ball tight to the hip.

Lift body up onto the ball sideways so that the ball is under the hip. With arms across the chest, slowly lower and then raise upper body sideways off the ball.

Notes:

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 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



Quadruped Arm / Leg Raise

Lying on stomach over ball with hands and feet on floor. Slowly extend one leg out behind while at the same time raising opposite arm up in front until parallel with floor. Return arm and leg to floor and alternate. Keep trunk square and stable and maintain abdominal hollow.

Notes:

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 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



Superman

From a kneeling position raise upper body up onto ball and place ball under pelvis. Relax over ball. Raise upper body up off ball, bringing the arms straight up over head as if to fly like superman. Raise up until rib cage is just off ball, ears, shoulders and hips should be in line. Maintain abdominal hollow and pelvic tilt to keep ball stable.

Notes:

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 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



Full Upper Body Plank

Start from a kneeling 'prayer' position with forearms on ball. Push upper body up into a full push-up position supported with forearms on ball. Hold plank position maintaining postural alignment and abdominal hollow.

Notes:

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 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



Front Bridge / Plank - Ankle

Lying on stomach on ball with hands on floor. Walk out to a push-up position until ball is at ankle level. Maintain an abdominal hollow and keep knee, hip, shoulder and ear in line. Hold plank position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 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

Notes:

IF YOU PROGRESS WELL WITH THIS EXERCISE YOU CAN ADD THE NEXT TWO EXERCISES WITH IT AND PERFORM A MORE COMPLEX TASK INVOLVING ROLLOUT EITHER PUSH UPS OR HIP EXTENSIONS OR BOTH.



Push Ups

In push up position with ball under shins. Keep shoulders back, elbows slightly bent, pelvic tilt and an abdominal hollow. With control, perform push ups while maintaining postural alignment.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 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

Notes:



Hip Extensions - Straight Leg

On stomach on gym ball, walk body out into a push up position with ball under shins. Squeeze the buttocks and raise one leg up off ball. Hold, lower and repeat. Maintain abdominal hollowing and spinal alignment throughout the movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 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

Notes: