



**Leg Raise - Seated**

Sitting on gym ball in readiness position with feet flat on floor.  
Keeping balanced, raise and extend one leg straight out in front.  
Lower leg 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



**Back Extension / Low Back**

Lying on stomach draped over gym ball with feet touching a wall and knees bent.  
Place hands on low back. Raise upper body off ball until shoulders are in line with hips (rib cage just off ball), do not over extend. Squeeze buttocks and push pelvis into the ball to maintain stability. Hold, lower 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



**Bridge**

From a bridge position, keep upper back and head supported on ball.  
Maintain abdominal hollow and lower pelvis down as far as comfortable.  
Squeeze buttocks to raise pelvis back up to starting 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



**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



**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



**Crunches - Feet on Ball**

Lying on back with knees bent and feet on the ball. Rest head in hands and keep chin in neutral (do not pull on head).  
Suck abdominals in toward spine and raise upper body up off floor until shoulder blades clear the floor.  
Maintain abdominal hollowing throughout movement and keep chin in neutral.

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



**'J' Knee Tuck**

In push up position with ball under the shins. Keep shoulder blades back, elbows slightly bent, pelvic tilt and abdominal hollow. Pull knees to chest while at the same time twisting the lower body to one side. Straighten legs to return to start position and repeat, twisting in the opposite direction. Use the abdominals to control the motion.

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



**Bridge / Leg Extensions**

Holding a bridge position, keep pelvis stable and maintain abdominal hollow to support low back. Slowly raise one leg straight out level with the body. 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



**Supine Bridge Leg Raise**

Lying on back with heels on ball and knees straight. Arms 45° at sides with palms up for stability. Press heels into ball and squeeze buttocks to raise pelvis and low back up off floor (keep shoulder blades on floor). Maintaining the bridge position, raise one foot off ball keeping ball stable. Return foot to ball and repeat with opposite foot.

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



**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