



Biceps / Pecs - Ball

Lying on back with gym ball under mid back and head supported.
Drop both arms off to the sides, bending wrists backwards, and let arms 'hang' to feel a stretch across the chest and front of the arms. This can also be performed at home lying off the bed.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

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 / 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



Leg Extension Dips

Holding a bridge position, keep pelvis stable and slowly raise one leg straight out level with the body. Maintain abdominal hollow to support low back. Lower pelvis down as far as comfortable while still maintaining control. Return to 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



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



Plank / Leg Raise

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. Holding plank position, raise one foot up off ball. Alternate.

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 Pike

Walk out to a plank position with ankles on ball. Then fold at midsection to bring buttocks up in the air, legs straight with toes on ball. Hold, return to start 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