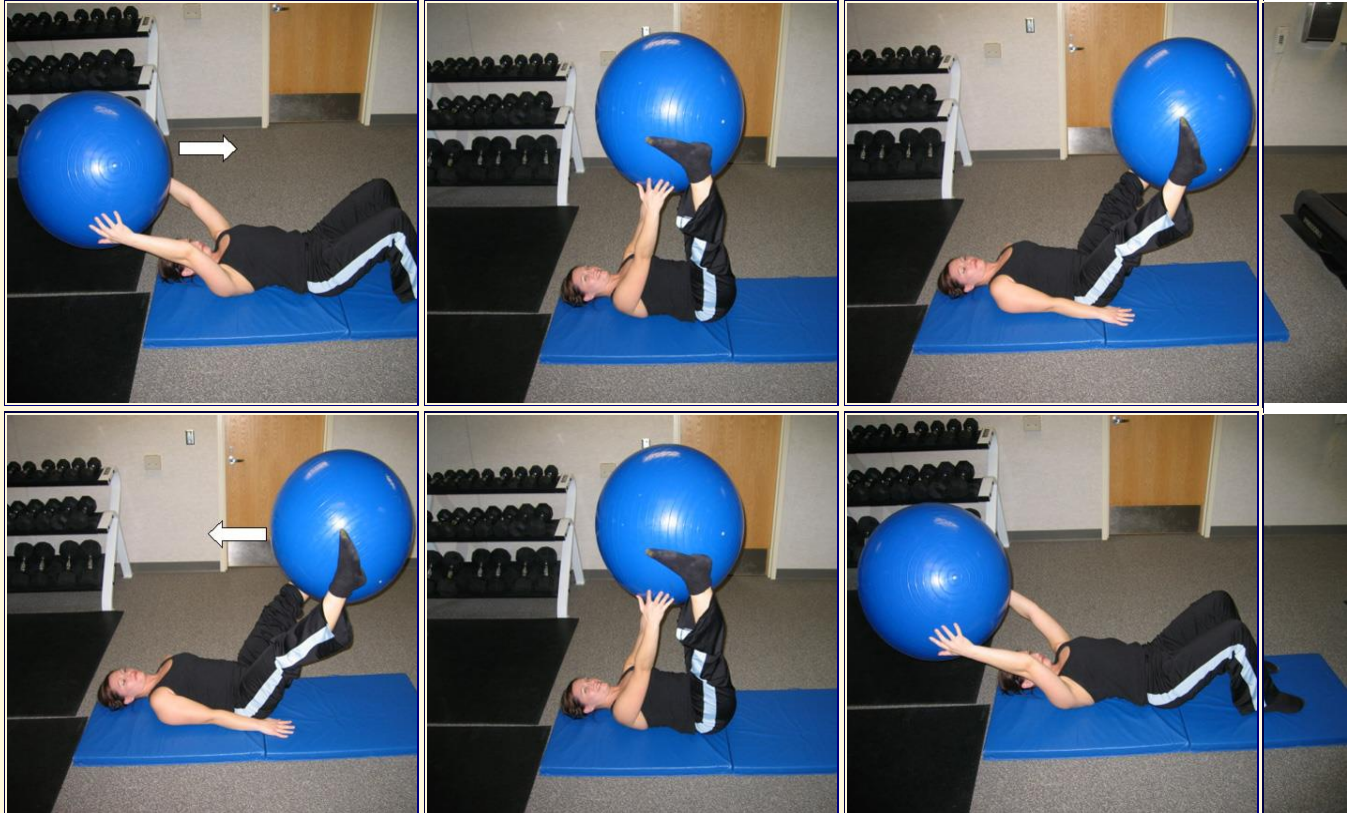


Core exercises

Abdominal Ball Passing



Start with ball in hands, tighten abdominal muscle to stabilize spine and lift legs up to grasp ball. Pass ball to feet. Lower legs down while keeping your abdominal muscles tight and your back straight. Repeat sequence from legs to hands.

Perform ____ repetitions. Repeat ____ times/day/week.

*** Variations: Can perform this exercise with knees bent.**

Ball Bridges Progression



Ball Bridges with Knees Straight

Lie on the mat with your knees bent and your feet on the ball. Lift your buttocks off the mat.
Hold for ____ seconds. Perform ____ repetitions. Repeat ____ times/day

Ball Bridges with Knee Flexion

Lie on the mat with your knees bent and your feet on the ball. Lift your buttocks off the mat.
Hold for ____ seconds. Perform ____ repetitions. Repeat ____ times/day

Core exercises

Ball Supported Kneeling Prayer



Start in the kneeling position with hands resting on the ball. Slowly reach and lean forward. Keep your abdominal tight to stabilize the spine. Do not arch your back. Slowly return to starting position. Perform ____ repetitions. Repeat ____ times/day/week.

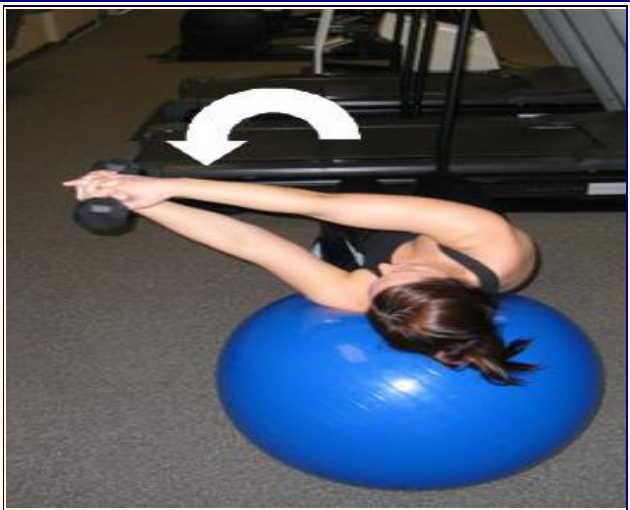
Ball Supported Overhead Reaches



Lie on your back on the ball while keeping your knees bent and feet on the floor. Grasp another ball (or weight for resistance) and raise it up towards the ceiling. Keep your arms straight. Tighten abdominal muscles and slowly reach overhead. Keep your abdominal muscles tight throughout the exercise. Slowly return to starting position. Perform ____ repetitions. Repeat ____ times/day/week.

Ball Supported Supine Rotation

Core exercises



Start with shoulders resting on ball and arms extended overhead. With a controlled motion gently rotate side to side. (May use a weight for added resistance).
Perform _____ repetitions. Repeat _____ times/day/week.

Ball Supported Walk-outs



Start with abdomen resting on the ball. Slowly walk forward with hands. Try to maintain good spinal position throughout exercise. Then return to starting position.
Perform _____ repetitions. Repeat _____ times/day/week.

Lift and Chop



Core exercises

Start with a wide stance and the ball at chest level. Squat and touch the ball to the floor with rotation (do not arch your back) then stand up and reach up and outward with rotation. Repeat with the other side. Perform _____ repetitions. Repeat _____ times/day/week.

* Can also be initiated with wall support.

* Can also perform a squat with the ball touching the floor in front of the feet and raising the ball overhead.

Lower Trunk Rotation With Ball



Lie on back with your knees bent approximately 90 degrees. Rotate slowly side to side. Try to control the motion with abdominal muscles.

Hold _____ seconds. Perform _____ repetitions. Repeat _____ times/day.

Lower Trunk Rotation

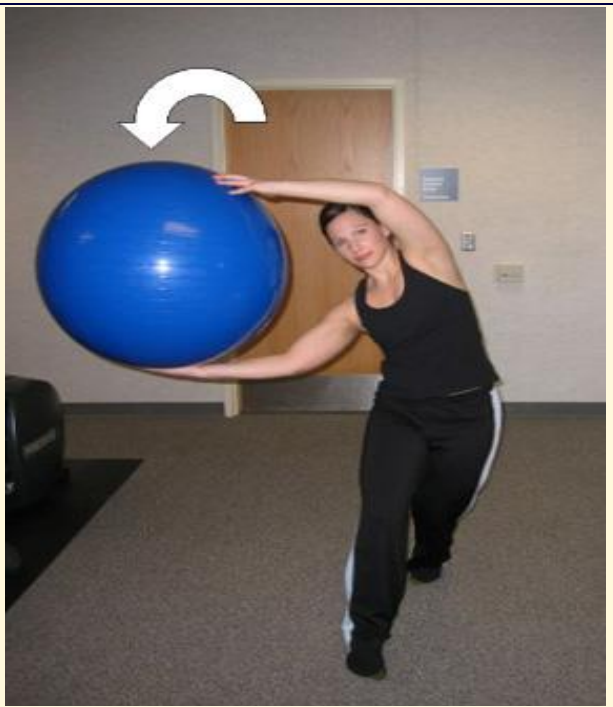


Lie on back with your knees bent approximately 90 degrees. Rotate slowly side to side.

Hold _____ seconds. Perform _____ repetitions. Repeat _____ times/day.

Overhead Wave

Core exercises

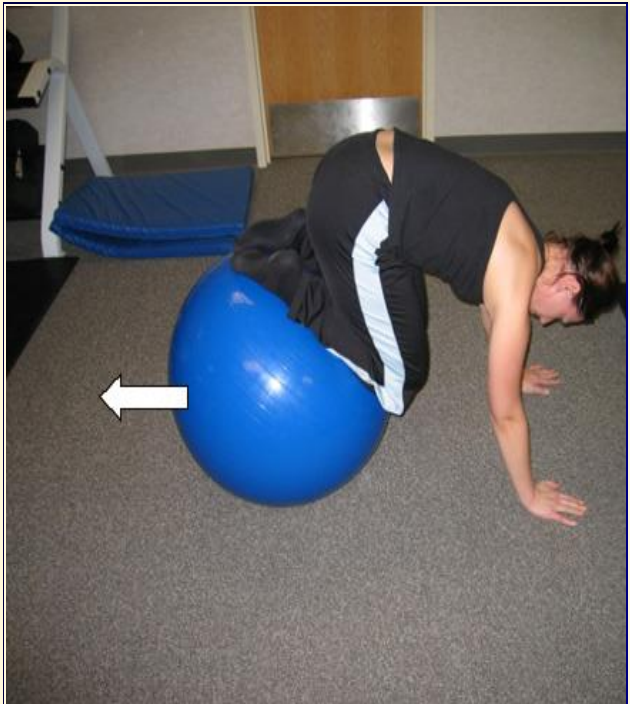
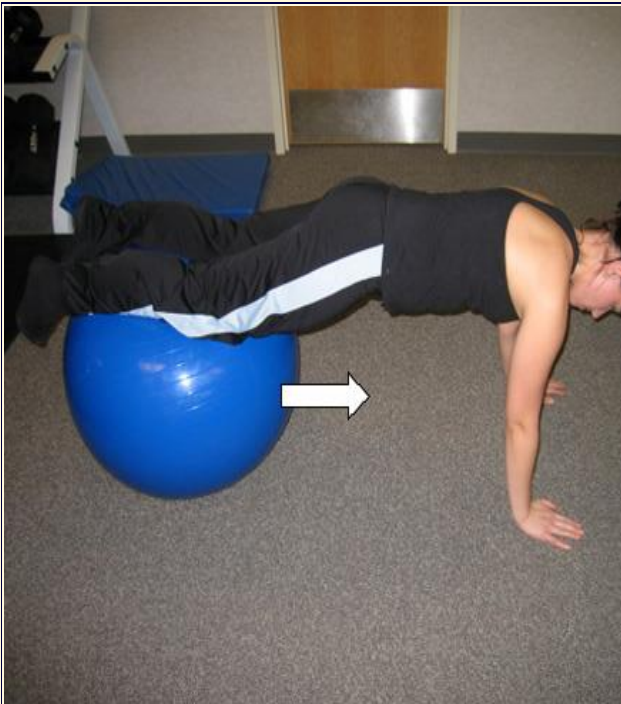


Begin with ball in outstretched arms overhead, side-bend with ball over stepping leg to create lateral side bending in spine. Attempt to keep your abdominal muscles tight through out the exercise. Only perform within pain-free range of motion.

Perform _____ repetitions/steps/feet. Repeat _____ times/day/week.

***NOTE:** Do not bend backwards during motion. Attempt to maintain slightly flexed posture at spine.

Prone Reverse Crunches



Start with your lower legs on the ball with your arms supporting you. Slowly bring knees towards your chest then return to starting position.

Perform _____ repetitions. Repeat _____ times/day/week.

Core exercises

Seated Core Rotation with Resistance



Start in seated position with proper spinal posture (either in chair or on ball). Extend arms outward at chest level. Rotate against resistance band while maintaining upright spinal posture. Return to the starting position. Perform _____ repetitions. Repeat _____ times/day/week.

Seated Spinal Rotation (Lift and Chop)



Start in seated position with proper spinal posture (either in chair or on ball). Extend arms outward. Reach downward and to the side, then up and outward. Maintain stable spinal posture. Switch directions. Perform _____ repetitions in each direction. Repeat _____ times/day/week.

Core exercises

Squat and Reach with Overhead Lift



Start with wide stance and ball at chest level. Squat and touch ball to floor and then stand up and reach up and outward. Do not let the back arch.

Perform _____ repetitions. Repeat _____ times/day/week.

* Can also be initiated with wall support.

Supine Ball Lifts with Rotation (Steering Wheel)



Gently squeeze ball with legs. Keep your abdominals muscles tight and your back against the mat. Slowly raise ball off floor approximately 12 inches. Slowly rotate ball while attempting to keep spine stable.

Perform _____ repetitions. Repeat _____ times/day/week.

Core exercises

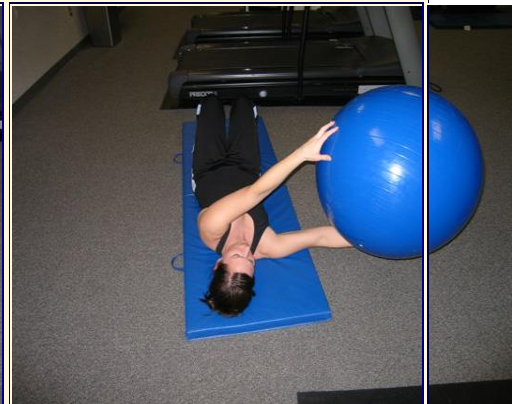
Supine Ball Lifts



Lie on back. Start with the ball supported between your feet. Gently squeeze the ball with your legs. Tighten your abdominal muscles and keep your back against the mat. Slowly raise the ball off floor approximately 6-8 inches. Slowly return to starting position.

Perform _____ repetitions. Repeat _____ times/day/week.

Supine Upper Trunk Rotation

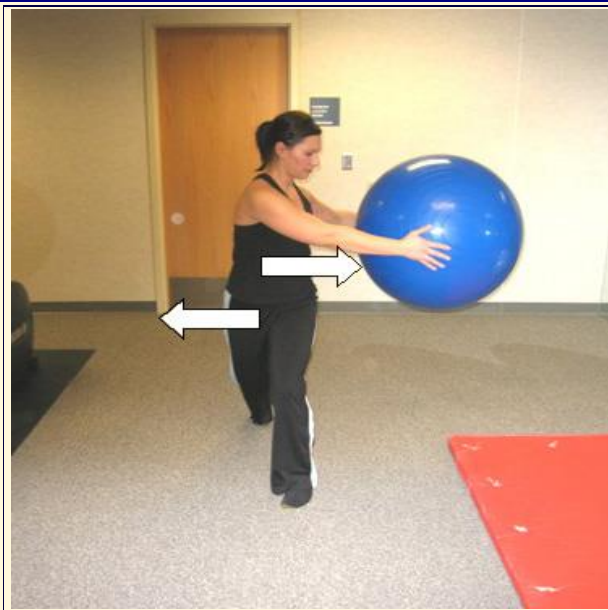


Lie on your back. Start with ball and arms extended overhead and knees bent to approximately 90 degrees. With a controlled motion gently rotate side to side. Keep your abdominal muscles tight throughout the exercise.

Perform _____ repetitions. Repeat _____ times/day/week.

Walking Core Warm-up (Counter-rotation)

Core exercises



**Begin with ball in outstretched arms, rotate ball over stepping leg. Attempt to maintain firm abdominal control. Only perform within pain-free range of motion.
Perform _____ repetitions/steps/feet. Repeat _____ times/day/week.**

Wall Supported Rotation with Ball



**Start with buttock resting on wall. Lean forward slightly (attempt to keep abdominal muscles tight and do not arch your back). Slowly rotate at trunk from side to side with good posture.
Perform _____ repetitions. Repeat _____ times/day.**