

Core trunk exercises

Ball Bridges Progression

Ball Bridges with Legs Straight

Lie on the mat with your heels 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

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

Ball Bridges with Legs Straight



Lie on the mat with your heels on the ball. Lift your buttocks off the mat.
Hold for _____ seconds. Perform _____ repetitions. Repeat _____ times/day.

***If this is too difficult than bring ball closer to your knees.**

***If this is too easy, raise your arms up so that your hands are pointing towards your knees.**

Ball Bridges with Ball Rolling

Core trunk exercises

