



Pelvic Tilts

Sitting tall on gym ball, hands relaxed at sides. Perform a posterior pelvic tilt by sucking stomach in and rocking pelvis forward to flatten low back, upper body should not move. Rock pelvis backwards to arch the low back. Ball will roll slightly back and forth. Keep within pain free range of 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



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



Cross Crawl - Seated

Sitting tall on gym ball. With control, raise one knee up while at the same time raising the opposite arm overhead. Lower and repeat with opposite. Maintain an abdominal hollow throughout 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



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



Prone Arm / Leg Raise

Lying on stomach over ball with hands and toes touching floor. Raise one arm and opposite leg up off floor while maintaining control and spinal alignment. Hold, lower and repeat with opposite arm and 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