



Bridge Supported by Neck

Lying on back in a bridge position, roll down ball by bending knees until neck and head are supporting body. Go only as far as you are able, maintaining proper and pain free positioning.

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



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



Prone Walk Out

Roll out on stomach on gym ball. Walk hands forward until body is into a plank position then backward to the start position. Keep shoulders down and back and maintain 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



Full Upper Body Plank

Start from a kneeling 'prayer' position with forearms on ball. Push upper body up into a full push-up position supported with forearms on ball. Hold plank position maintaining postural alignment and abdominal hollow.

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



One Arm Plank / Weight Shift

Lying on stomach over ball, walk out to a push-up position. Holding the push up position, slightly raise one hand off floor and balance on one arm. Maintain spinal alignment and shoulder blade retraction while slightly shifting body weight.

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