



**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



**Quadruped Arm / Leg Raise**

Lying on stomach over ball with hands and feet on floor. Slowly extend one leg out behind while at the same time raising opposite arm up in front until parallel with floor. Return arm and leg to floor and alternate. Keep trunk square and stable and maintain 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



**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



**Airplane**

From a kneeling position with ball in front of stomach, place toes against wall and raise upper body onto ball so that ball rests under pelvis. Position arms 90° to the sides with thumbs pointing up to ceiling. Perform an abdominal hollow and pelvic tilt to maintain stability, then raise upper body up until rib cage is just off ball (ears, shoulders and hips should be in line). 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