



Back Extensions / Mid Back

Lying on stomach over the gym ball with feet touching a wall and knees bent.

Place hands on upper back. Raise upper body until shoulders are level with hips (rib cage just off ball) do not over extend. Squeeze buttocks and push pelvis into the ball to maintain stability. 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



Butterflies

Lying on stomach on ball, knees bent and toes touching wall. With arms hanging down in front, raise chest slightly off ball to align upper body. Bring arms up and back in a circular motion, squeezing through the mid back, keeping palms facing in and elbows slightly bent. 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



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



1/2 Upper Body Plank / Leg Raise

In a kneeling 'prayer' position with forearms on ball. Lean upper body toward a 45° maintaining postural alignment and abdominal hollow. With control, raise one leg slightly off floor. Hold, balance and alternate legs.

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 Rock - Plank

In a push up position with shins on ball and hands on floor. Maintaining an abdominal hollow and keeping proper spinal alignment, gently shift body weight forward and back and side to side without moving hands.

Sets:	3
Reps:	15-20
Weight:	
Hold:	30 sec
Rest:	30 sec
1x/day	

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