

Core Stability

Crunch on Ball with Bar

- 1) Sit in upright position on stability with feet flat on floor.
- 2) Walk feet forward allowing the ball to roll underneath body until it is positioned on lower to mid-back region. Raise your hips slightly to create a “table top” position parallel to floor.
- 3) Place hands across your chest holding the bar. Head should be in a neutral position with a space between chin and chest.
- 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.
- 5) Return to start position.
- 6) Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.



Oblique Crunch with Medicine/Stability Ball

1. Sit in upright position on stability with feet flat on floor.
2. Walk feet forward allowing the ball to roll underneath body until it is positioned on lower to mid-back region. Raise your hips slightly to create a “table top” position parallel to floor.
3. Place hands above head holding a medicine ball. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise your right shoulder up toward ceiling and bring medicine ball towards opposite hip.
5. Return to start position and repeat with the other shoulder.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.



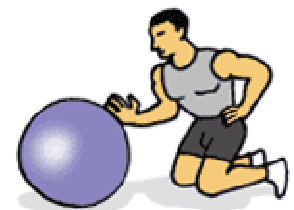
Kneeling Twist on Ball with Bar

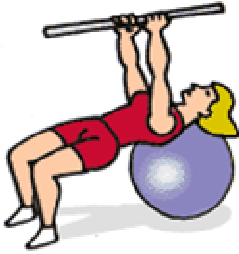
Start Position: Position yourself on the ball by placing your shins on top of the ball and balancing in this position. Take a bar and place on your shoulders while maintaining balance. Twist your shoulders back and forth keeping good posture. Use the tops of your feet to help control the movement of the ball by placing them against the ball.



One Arm Bride on Ball with Reach

Starting Position: Start on your knees with one forearm on the ball. Roll yourself out towards the ball using the one arm to support your weight until your body is semi straight. Return to the starting position and repeat with the other arm.





Crab Walk with Bar on Ball

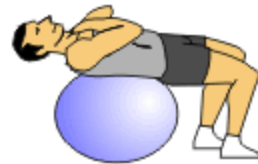
Lie on your back on a stability ball. Holding a bar overhead start walking in a circular motion around the ball.

While completing this walk transfer the bar to one hand and bring out to the side.

Return to the starting position and repeat with the other side.

Alternating Crunch

- 1) Sit in upright position on stability with feet flat on floor.
- 2) Walk feet forward allowing the ball to roll underneath body until it is positioned on lower to mid-back region. Raise your hips slightly to create a "table top" position parallel to floor.
- 3) Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
- 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up and rotate your shoulders to the left.
- 5) Return to start position and repeat to the other side.
- 6) Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.



Lumbar Roll

Start Position: Lie on your back and place a stability ball under your calves and knees.

Let your legs fall to one side while maintaining contact with the ball. Return to the starting position and repeat to the other side.

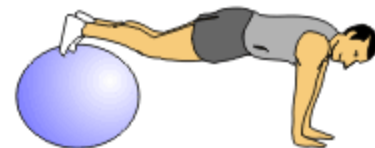


Alternating Single Leg Bridge

Rollout on the ball until just your feet are on the ball and you are forming a bridge.

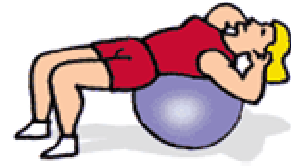
Keeping this position lift one foot off of the ball and hold for 1-2 seconds.

Return to the starting position and repeat with the other leg.



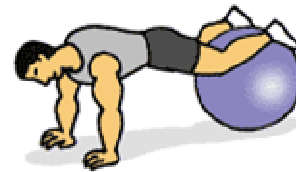
Oblique Curls

1. Sit in upright position on stability with feet flat on floor.
2. Walk feet forward allowing the ball to roll underneath body until it is positioned on lower to mid-back region. Raise your hips slightly to create a "table top" position parallel to floor.
3. Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise your right shoulder up toward ceiling.
5. Return to start position and repeat with the other shoulder.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.



One Arm Prone Bridge

- Start Position: Roll out on the ball so that your shins are on the ball and you are supported by your hands in a table top position. Take one hand and lift off the ground and bring back towards your hip.
- Now raise it out in front of your head.
- Repeat with other arm.



Stability Ball Crunch

1. Sit in upright position on the stability with feet flat on floor.
2. Walk feet forward allowing the ball to roll underneath body until it is positioned on lower to mid-back region. Raise your hips slightly to create a "table top" position parallel to floor.
3. Place hands across your chest. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.
5. Return to start position.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.



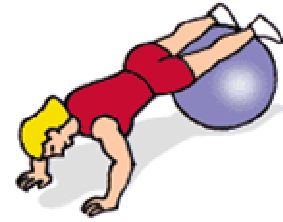
Kneel with Bar Flip

- Start Position: Position yourself on the ball by placing your shins on top of the ball and balancing in this position. Take a bar and hand in back and forth between your hands while maintaining balance. Use the tops of your feet to help control the movement of the ball by placing them against the ball.



Prone Pull Ins on Ball

Start Position: Roll out on the ball so that your shins are on the ball and you are supported by your hands in a table top position.
Pull the ball using your feet towards your chest. While doing this bend your elbows in a pushup fashion.
Return to starting position.



Same Side Superman

1. Start position: Lie face down on ball with hands down at sides. Raise left arm and left leg off floor.
2. Return to start position and repeat with the other side.



Reverse Curl

- 1) Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air holding onto a ball. Position arms at sides with palms down on floor.
- 2) Leading with the heels towards the ceiling, raise glutes (butt) off floor or bench.
- 3) Return to start position.
- 4) Remember keep legs from swinging to prevent momentum throughout the exercise.



Glute Drop

- 1) Assume back lying position on ball. Place hands at sides with palms down on floor.
- 2) Start position: Hips are close to the floor with your knees bent.
- 3) Raise hips off floor by pressing heels into floor.
- 4) Return to start position.

