On back, feet resting on ball, pull knees to chest until stretch is felt in low back. Pause, then return to start position. Repeat 15-20 times
LOWER TRUNK ROTATION

On back, feet resting on ball, roll ball side to side. Do not allow shoulders to lift off surface. Repeat 15-20 times on each side.
Pelvic tilts

Sit on the ball in an upright position. Roll pelvis backward and forward. Repeat 15-20 times.

*this is a small movement. Try not to initiate movement with legs.
MARCHING

Sit on ball in an upright position. Tighten abs. Lift one leg, then slowly bring leg down. Alternate legs. Repeat 15-20 times on each leg.

*use abs to steady yourself on the ball, rather than your legs.
SINGLE LEG LIFTS (beginner)

Position yourself over ball. Keeping legs straight, lift one leg, then slowly drop leg down. Alternate legs. Repeat 10-15 times on each leg.

*avoid lifting leg too high and arching the back.
DOUBLE LEG LIFT (intermediate)

Position yourself over ball. Keeping legs straight, lift both legs, while pressing hips into ball. Slowly return legs to start. Repeat 10-15 times.

*avoid lifting legs too high and arching the back. Don’t “bounce”
OPPOSITE ARM/LEG LIFT (advanced)

Position yourself over ball, keeping hands and toes on the floor. Slowly raise right arm and left leg simultaneously, then slowly return legs to start. Alternate sides. Repeat 10-15 times on each side. Avoid lifting too high and arching the back.
BALL WALK OUTS (intermediate)

Sit on ball in an upright position. Tighten abs and slowly “walk” forward until shoulders and head are resting on ball. Keep hips lifted. Keeping abs tight, “walk” back to full upright position. Repeat 10-15 times.
WALK OUTS ARMS OVERHEAD (advanced)

Sit on ball in an upright position. Extend arms overhead. Tighten abs and slowly “walk” forward until shoulders and head are resting on ball. Keep hips lifted & arms overhead. Keeping abs tight, “walk” back to full upright position. Repeat 10-15 times.

Performance Physical Therapy & Fitness
CRUNCH

Lie with ball at small of back. Lightly rest head on hands. Lift upper body upward. Avoid pulling on the back of head. Repeat 15-20 times
BALL PLANKS  (intermediate)
Position self on ball, walking out with arms until tops of feet are resting on ball. Keep hips lifted, hold for 15-30 seconds. Walk body back in to start. Repeat 3-5 times.

*advance move by holding for longer periods.
HIP PIKES (intermediate)

Walk body out until ball is positioned at knees. Using abs, pull ball in while lifting hips into the air. Hold 3 seconds, slowly roll ball back to start position. Repeat 10-15 times.
KNEE TUCKS (advanced)

Walk body out until ball is positioned at knees. Using abs, pull ball in while bringing knees towards chest. Roll ball back to start position. Repeat 10-15 times.
BALL SQUATS (beginner)

Stand against wall with ball at small of back. Slowly lower body, keeping weight back on heels of feet. Return to start position. Repeat 10-15 times.
BALL SQUATS
with dumbbells
(intermediate)

Stand against wall with ball at small of back, holding 1 dumbbell in each hand. Slowly lower body, keeping weight back on heels of feet. Return to start position. Repeat 10-15 times.
SINGLE LEG SQUATS (advanced)

Stand against wall with ball at small of back. Lift one leg & slowly lower body, keeping weight back on heel. Return to start position. Repeat 10-15 times.