Back Exercises Ball

**SPINE - 9**
Pelvic Tilt
Gently rotate pelvis forward and backward.

**SPINE - 10**
Lateral Pelvic Tilt
Gently move hips from side to side.

**SPINE - 16**
Sitting Leg Extension
Straighten knee and return. Repeat with other leg.

**SPINE - 14**
Sitting Opposite Arm and Leg Raise
Raise opposite arm and leg and return. Repeat with other limbs.

**SPINE - 19**
Sitting Half Sit-Up
From incline sitting position, perform curl-up.

**SPINE - 38**
Bridging with Calves on Ball
Lying on back with calves resting on ball, raise buttocks from floor.

**SPINE - 40**
Bridging with Leg Raise
In bridging position with ball under shoulders, raise one bent knee. Maintain balance. Repeat with other leg.

**SPINE - 26**
Prone Opposite Arm and Leg Raise
On hands and toes over ball, raise one arm and opposite leg simultaneously. Do not arch back. Repeat with other limbs.

**SPINE - 30**
Kneeling Ball Walk to Thighs/Toes
Kneeling with stomach on ball, walk forward until it rests under thighs.

**LOWER EXTREMITY - 3**
Parallel Squat
Perform a deep squat as shown.