

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.



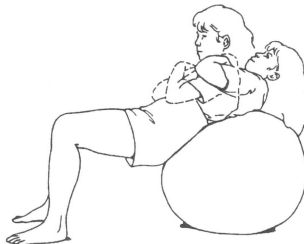
SPINE - 14
Sitting Opposite Arm and Leg Raise

Raise opposite arm and leg and return. Repeat with other limbs.



SPINE - 19
Sitting Half Sit-Up

From incline sitting position, perform curl-up.



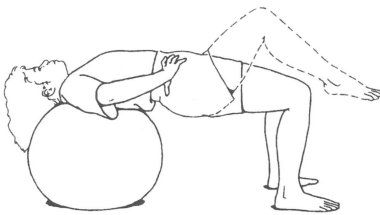
SPINE - 38
Bridging with Calves on Ball

Lying on back with calves resting on ball, raise buttocks from floor.



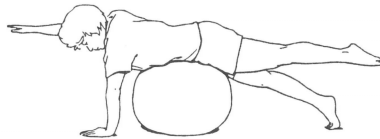
SPINE - 40
Bridging with Leg Raise

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.



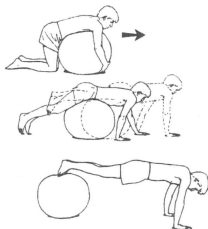
SPINE - 47
Prone Back Extension

With hands on back of head, lift upper back from ball.



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.

