



Sit upright and place hands on ball next to hips. Take small steps forward in a heel to toe fashion and allow low back to conform to ball. Stop when apex of ball is under base of shoulder blades and torso is parallel to floor. The ankles should align under knees. Place fingertips on opposite shoulders, align head with spine and flatten tongue on roof of mouth behind two front teeth.



Slowly curl torso driving rib cage down toward pelvis. The lower back should press down into ball and bottom of shoulder blades should rise off ball fully. Slowly uncurl trunk back to the start while drawing belly button toward spine.
* A dumbbell may be placed across upper chest to provide additional overload.



Assume a supine position on floor, place middle of calves over apex of ball. Position arms on floor slightly away from hips with palms up.



Lift hips from floor by pressing down into ball with lower legs. Raise hips fully so that a straight line is formed from the ankles, hips, and shoulders. Keep toes pointing at ceiling and head on floor. Hold 3 seconds and slowly lower to start.



Lie over ball with navel at apex of ball. Place palms on floor under shoulders and balls of feet on floor with legs straight at hip width. Keep neck in neutral alignment with eyes looking at floor between hands throughout.
*Light dumbbells may be placed in hands and ankle weights around ankles to provide additional overload.



Draw belly button toward spine and slowly raise one straightened leg to hip height while simultaneously raising opposite hand to shoulder height with thumb up. Hold for 3 seconds. Slowly lower hand and toes to floor. Repeat with opposite arm and leg.



Secure ankle weights around ankles and assume a side lying position on ball with knee of bottom leg in contact with floor and top leg straight. Place hand on floor of bottom arm and top arm on apex of ball.



Draw belly button toward spine, lift straightened leg upward (abduction) to hip height. Keep the head and neck in alignment with the lower spine throughout. Slowly return to start and turn body onto other side and repeat an equal amount of repetitions.