



Pelvic Tilts

Sitting tall on gym ball, hands relaxed at sides. Perform a posterior pelvic tilt by sucking stomach in and rocking pelvis forward to flatten low back, upper body should not move. Rock pelvis backwards to arch the low back. Ball will roll slightly back and forth. Keep within pain free range of motion.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



To Bridge

From a seated position, walk feet forward and let upper body follow ball to roll spine down along ball and into a bridge position. Knees should be at 90° and hands can rest on thighs or stomach. Upper back and head should be supported by ball. Abdominal hollow and squeeze buttocks to support low back.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridge on Ball

From a bridge position, keep upper back and head supported on ball. Maintain abdominal hollow and lower pelvis down as far as comfortable. Squeeze buttocks to raise pelvis back up to starting position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Back Extensions

Lying on stomach draped over gym ball with feet touching a wall and knees bent. Place hands on low back. Raise upper body off ball until shoulders are in line with hips (rib cage just off ball), do not over extend. Squeeze buttocks and push pelvis into the ball. Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Crunches

Lying on gym ball with the ball under the small of the back (or slightly higher). Gently cradle head in the hands (do not pull with arms). Sit up towards a seated position then slowly and with control, lower body back down to the starting position. Maintain abdominal hollowing throughout the movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Sit and Bounce

Sitting on gym ball in readiness position, hands resting on sides of ball. Shift body weight slightly forward at the hips so that the legs are supporting body weight. Keep buttocks, abdominals, and mid back tight by maintaining perfect posture and use legs (quads and hamstrings) to very slightly raise and lower body on ball creating a controlled bounce.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31