



1: Stability Ball Crunches

- Lie on your back with stability ball under spine
- Hands clasped behind base of neck
- Tighten stomach muscles and raise your upper back and head about 6-8 inches

Reps: 20 **Sessions:** 1 Everyday **Hold Time:** 5s



2: Stability Ball -- Abdominal Crunch

- Lie on back with knees bent, ball resting on lower abdominal region
- Extend arms and place hands and forearms against ball
- Raise upper back and head off of surface while pressing the forearms into the ball

Reps: 20 **Sessions:** 1 Everyday **Hold Time:** 5s



3: Stability Ball Lower Trunk Rotation

- Lie on your back with lower legs on the center of the ball
- Slowly rotate your legs on the ball back and forth from left to right
- Keep your middle back and shoulders flat against the surface

Reps: 20 **Sessions:** 1 Everyday **Hold Time:** 5s



4: Stability Ball -- Static Bridge

- Lie on back with heels supported on ball
- Tighten and lift buttocks until spine is straight
- Hold

Reps: 20 **Sessions:** 1 Everyday **Hold Time:** 5s