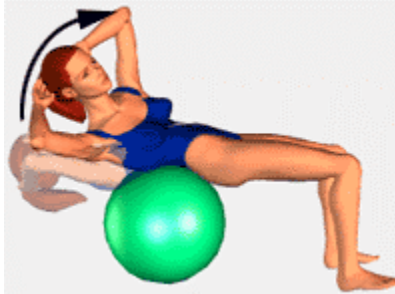


Advanced Abdominal Strengthening with Therapeutic Ball

Exercise:

Oblique Crunch on the Ball



LIE OVER THE BALL WITH YOUR FEET SHOULDER WIDTH APART. RAISE YOUR HEAD AND TRUNK TOWARD YOUR OPPOSITE KNEE AS ILLUSTRATED. USE THE ABDOMINAL MUSCLES AND DO NOT PULL ON YOUR HEAD AND NECK.

Repeat:	25 times	Sets:	1
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	1 /day		

Exercise:

Supine Ball Lift

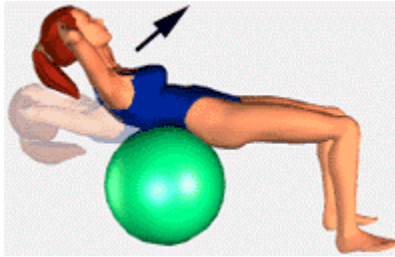


LIE ON YOUR BACK WITH THE BALL IN BETWEEN YOUR KNEES. KEEPING YOUR LOW BACK FLAT RAISE THE BALL OFF THE GROUND AS ILLUSTRATED.

Repeat:	25 times	Sets:	1
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	1 /day		

Exercise:

Supine Stomach Crunch



LIE OVER THE BALL WITH YOUR FEET SHOULDER WIDTH APART. RAISE YOUR HEAD AND TRUNK UP AS ILLUSTRATED. USE THE ABDOMINAL MUSCLES AND DO NOT PULL ON YOUR HEAD AND NECK.

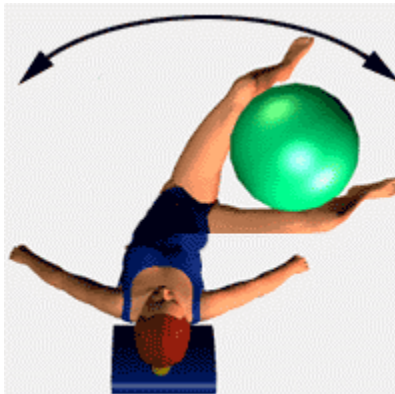
Repeat: 25 times **Sets:** 1

Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 1 /day

Exercise:

Supine Leg Rotation with Ball



LYING ON YOUR BACK WITH THE THERAPEUTIC BALL BETWEEN YOUR KNEES LIFT THE BALL OFF THE GROUND. WHILE KEEPING THE BALL OFF THE GROUND ROTATE THE KNEES TO THE LEFT THEN BACK TO THE RIGHT AS ILLUSTRATED.

Repeat: 25 times **Sets:** 1

Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 1 /day