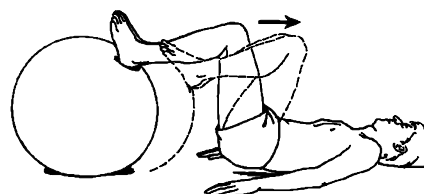


Lumbar Rotation SB

Repeat 10 times per set. Do 2 sets per session. Do 1 sessions per day.

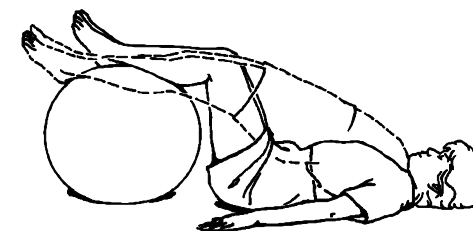
LOWER EXTREMITY - 11
Leg Curl from 2" Bridge



With heels resting on ball and hips lifted 2" from floor, roll ball toward you by bending knees. Return to start.

Repeat 10 times per set.
Do 2 sets per session. Do 1 sessions per day.

SPINE - 38
Bridging on Ball with Legs Built

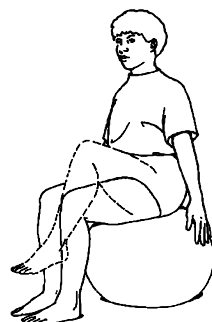


Lying on back with calves resting on ball, raise buttocks from floor.

Repeat 10 times per set.
Do 2 sets per session. Do 1 sessions per day.

SPINE - 13
Sitting Alternating Leg Raise- Marches

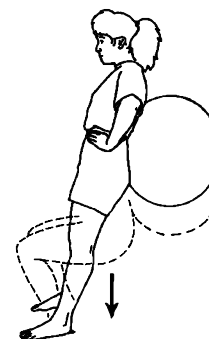
Raise bent knee and return. Repeat with other leg.



Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

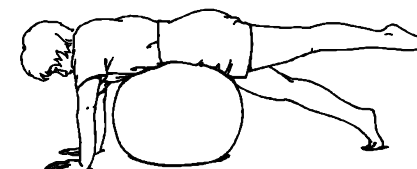
LOWER EXTREMITY - 3
Parallel Squat

Perform a deep squat as shown.



Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SPINE - 25
Prone Alternating Leg Raise

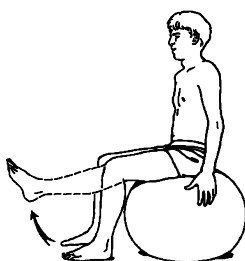


On hands and toes over ball, raise one leg and return. Do not arch back. Repeat with other leg.

Repeat 10 times per set.
Do 2 sets per session. Do 1 sessions per day.

LOWER EXTREMITY - 22
Sitting Knee Extension with or without Cuff Weights

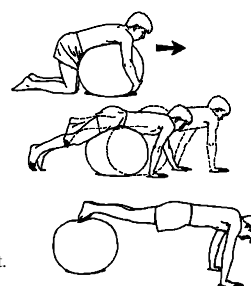
Straighten knee while keeping balance. Do with or without _____ lb cuff weights.



Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

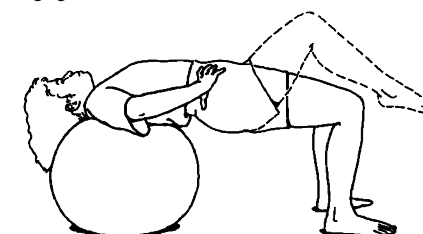
SPINE - 30
Kneeling Ball Walk to Thighs/Toes

Kneeling with stomach on ball, walk forward until it rests under toes.



Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SPINE - 40
Bridging with Swiss Ball



In bridging position with ball under shoulders, raise one bent knee. Maintain balance. Repeat with other leg.

Repeat 10 times per set.
Do 2 sets per session. Do 1 sessions per day.