

PHYSIO-BALL PROGRESSIONS

Bridging

- *Double Leg w/ Back on ball
- *1 set of 10 reps or
- *1 set with a 1 minute hold



- *Single Leg w/ Back on ball
- *1 set of 10 reps or 1 set of 1 min.
- *If you are unable to do this initially, then do double leg up and single leg down



- *Double Leg w/ Feet on ball
- *1 set of 10 reps or
- *1 set with a 1 minute hold



- *Double Leg w/ Feet on ball Knees Bent
- *1 set of 10 reps or
- *1 set with a 1 minute hold



- *Single Leg w/ Foot on ball
- *1 set of 10 reps or
- *1 set with a 1 minute hold



Prone *Exercises can be done with weights or tubing in hands

- *Prone Flies
- *1 set of 10 reps
- *Hold each rep 3 seconds



- *Prone Swim
- *1 set of 10 reps
- *Hold each rep 3 seconds



- *Prone Superman
- *1 set of 10 reps
- *Hold each rep 3 seconds



- *Prone Arm & Leg
- *1 set of 10 reps each diagonal
- *Hold each rep 3 seconds



Abdominal Crunches *Weight resistance *Tube resistance

- *Ab Crunches Forward
- *1 set of 10 reps
- *Hold each rep 5 seconds



- *Ab Crunches Right
- *1 set of 10 reps
- *Hold each rep 5 seconds



- *Ab Crunches Left
- *1 set of 10 reps
- *Hold each rep 5 seconds



- *Ab Crunch Diagonal R w/L leg lift
- *1 set of 10 reps
- *Hold each rep 1 second



- *Ab Crunch Diagonal L w/R leg lift
- *1 set of 10 reps
- *Hold each rep 1 second

