

## EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

***Before beginning this or any other exercise program, you should always consult with your doctor or physician.***

## BACK EXTENSION



**Start:** Lie on stomach with legs straight on the floor. Hold ball with both hands, bend arms and position ball on back of neck with elbows on the floor.

**Finish:** Slowly lift chest, shoulders, and head off floor while squeezing shoulder blades together. Keep chin tucked with hips, legs, and feet stationary on the floor. Hold 1-2 seconds and return to start position.

## BICYCLE



**Start:** Lie on back, position ball under tailbone with one leg straight just above floor and the opposite leg bent with knee over chest. Extend arms along sides of body on the floor and keep back straight with shoulders on the floor.

**Finish:** Keep legs lifted off floor, straighten one leg forward while simultaneously bending opposite leg up and back above hip. Keep shoulders on the floor, and abdominal muscles pulled inward. Alternate bending and straightening of legs in a slow, continuous manner.

## CRUNCH



**Start:** Lie on back, position ball between knees, bend and lift legs until lower legs are parallel to the floor with knees above hips. Pull abdominal muscles inward.

**Finish:** Squeeze ball, slowly curl body upward and lift shoulders off floor while reaching forward with hands. Keep abdominal muscles tight and legs stationary. Hold 1-2 seconds and slowly return to start position.

# SPRI SPONGE BALL

## EXERCISE GUIDE

### FULL ROLL-UP



**Start:** Lie on back, position ball between knees, bend legs and position feet flat on the floor hip-width apart. Extend arms above head on the floor and pull abdominal muscles inward.

**Finish:** Squeeze ball, slowly curl body upward and lift upper body completely off floor, curving back slightly forward with arms remaining straight overhead. Keep abdominal muscles tight and feet flat on the floor. Hold 1-2 seconds and slowly return to start position.

### SINGLE LEG KICK



**Start:** Lie on back with legs straight and together on the floor. Hold ball with both hands, extend arms above head and pull abdominal muscles inward.

**Finish:** Slowly lift upper body upward with arms straight above head while simultaneously lifting one leg up and backward, reaching top of foot toward ball. Keep back straight with opposite leg and hips stationary on the floor. Hold 1-2 seconds and alternate legs.

### KICK IN AND UP



**Start:** Lie on back, position ball between knees, straighten legs with heels on the floor hip-width apart. Extend arms along sides of body on the floor and pull abdominal muscles inward.

**Finish:** Bend and lift legs up and back until lower legs are parallel to the floor with knees just above hips; then straighten legs upward and outward at an angle with hips, knees, and feet aligned. Keep abdominal muscles tight and hips stationary. Hold 1-2 seconds and slowly return to start position in a reverse two-step process.