

SPRI ULTRABALL™

EXERCISE GUIDE

Exercise Instruction

- 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.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions on each side of body 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.

AB ROLL OUT



Start: Kneel on comfortable, stable surface that is approximately the height of the ball; bend arms and position elbows below shoulders on top of ball. Slowly straighten legs and roll ball forward with core muscles activated and upper body parallel to floor.

Finish: Slowly pull elbows down and back into ball while bending knees, pushing hips and low back upward and pulling ribs in and up toward hips while rolling ball backward. Hold; then slowly straighten legs, roll ball forward and return to start position.

BRIDGE/LEG CURL LIFT



Start: Lie on back on floor, place heels and lower legs on top of ball with legs straight and feet hip width apart. Straighten arms along sides of body; tighten core muscles with head, back and buttocks on floor.

Finish: Slowly raise hips, buttocks and low back up off floor while bending both legs and then lifting one foot off ball and pulling knee toward chest. Hold; then slowly straighten legs, lower hips to floor, return to start position and repeat with opposite leg knee lift.

SIDE PLANK ARM RAISE



Start: Lie sideways, bend bottom arm and position forearm on top of ball with elbow directly under shoulder. Bend opposite arm, place hand on hip with feet together on floor, legs straight, shoulders aligned with feet and hips dropped toward floor.

Finish: Slowly lift hips upward while straightening top arm directly above shoulder. Hold; then slowly lower hips to return to start position.

PIKE



Start: Bend arms and position forearms on comfortable, stable surface that is approximately the height of the ball; straighten legs and place tops of feet and shins on top of ball. Slowly straighten legs and roll ball backward with core muscles activated and body parallel to floor.

Finish: Slowly lift and pull hips in and up toward ribs while rolling ball forward with legs straight. Hold; then slowly lower hips toward floor, roll ball backward and return to start position.

KNEELING TRUNK ROTATION



Start: Kneel on top of ball with knees shoulder width apart, shoulders directly over hips, arms straight and positioned out in front of chest.

Finish: Slowly rotate upper torso and shoulders while keeping head, hips and knees stationary. Hold; then slowly return to start position and repeat in opposite direction.

PUSH UP



Start: Place hands on top of ball shoulder width apart and straighten arms, position feet hip width apart with balls of feet on floor. Tighten core muscles and align shoulders with hips and feet.

Finish: Slowly bend arms, flare elbows away from sides of body, lower body down toward ball while keeping core muscles tight and body straight. Hold; then slowly straighten arms, return to start position and repeat.