

Core (stability ball)

Crunch on Ball with Bar



Exercise Description:

Crunch on Ball with Bar

Classification:

Core (stability ball)

Instructions:

- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a “table top” position parallel to floor.
- 3) Place hands across your chest holding the bar. Head should be in a neutral position with a space between chin and chest.
- 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.
- 5) Return to start position.
- 6) Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Kneeling Twist on Ball with Bar



Exercise Description:

Kneeling Twist on Ball with Bar

Classification:

Core (stability ball)

Instructions:

Start Position: Position yourself on the ball by placing your shins on top of the ball and balancing in this position.

Take a bar and place on your shoulders while maintaining balance.

Twist your shoulders back and forth keeping good posture.

Use the tops of your feet to help control the movement of the ball by placing them against the ball.

Lumbar Roll



Exercise Description:

Lumbar Roll

Classification:

Core (stability ball)

Instructions:

Start Position: Lie on your back and place a stability ball under your calves and knees.

Let your legs fall to one side while maintaining contact with the ball.

Return to the starting position and repeat to the other side.

Core (stability ball)



Exercise Description:

Oblique Curls

Classification:

Core (stability ball)

Instructions:

1. Sit in upright position on flexaball with feet flat on floor.

2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.

3. Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.

4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise your right shoulder up toward ceiling.

5. Return to start position and repeat with the other shoulder.

6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

One Arm Prone Bridge



Exercise Description:

One Arm Prone Bridge

Classification:

Core (stability ball)

Instructions:

Start Position: Roll out on the ball so that your shins are on the ball and you are supported by your hands in a table top position.

Take one hand and lift off the ground and bring back towards your hip.
Now raise it out in front of your head.
Repeat with other arm.

Prone Pull Ins on Ball



Exercise Description:

Prone Pull Ins on Ball

Classification:

Core (stability ball)

Instructions:

Start Position: Roll out on the ball so that your shins are on the ball and you are supported by your hands in a table top position.

Pull the ball using your feet towards your chest. While doing this bend your elbows in a pushup fashion.

Return to starting position.

Reverse Curl



Exercise Description:

Reverse Curl

Classification:

Core (stability ball)

Instructions:

1) Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air holding onto a ball. Position arms at sides with palms down on floor.

2) Leading with the heels towards the ceiling, raise glutes (butt) off floor or bench.

3) Return to start position.

4) Remember keep legs from swinging to prevent momentum throughout the exercise.

Side Flexion w/ Medicine and Stability Ball



Exercise Description:

Side Flexion w/ Medicine and Stability Ball

Classification:

Core (stability ball)

Instructions:

Start Position: Lie on your side on top of the stability ball and separate your legs to maintain balance.

While holding a medicine ball in front of your chest laterally flex your trunk up towards the ceiling.

Return to starting position. Complete this on both sides.

Stability Ball Crunch



Exercise Description:

Stability Ball Crunch

Classification:

Core (stability ball)

Instructions:

1. Sit in upright position on flexaball with feet flat on floor.
2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
3. Place hands across your chest. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.
5. Return to start position.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Oblique Crunch with Medicine/Stability Ball



Exercise Description:

Oblique Crunch with Medicine/Stability Ball

Classification:

Core (stability ball)

Instructions:

1. Sit in upright position on flexaball with feet flat on floor.
2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
3. Place hands above head holding a medicine ball. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise your right shoulder up toward ceiling and bring medicine ball towards opposite hip.

5. Return to start position and repeat with the other shoulder.
 6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.
- Glute Drop



Exercise Description:

Glute Drop

Classification:

Core (stability ball)

Instructions:

- 1) Assume back lying position on ball. Place hands at sides with palms down on floor.
- 2) Start position: Hips are close to the floor with your knees bent.
- 3) Raise hips off floor by pressing heels into floor.
- 4) Return to start position.

Kneel with Bar Flip



Exercise Description:

Kneel with Bar Flip

Classification:

Core (stability ball)

Instructions:

Start Position: Position yourself on the ball by placing your shins on top of the ball and balancing in this position.

Take a bar and hand in back and forth between your hands while maintaining balance.

Use the tops of your feet to help control the movement of the ball by placing them against the ball.

One Arm Bridge on Ball with Reach



Exercise Description:

One Arm Bridge on Ball with Reach

Classification:

Core (stability ball)

Instructions:

Starting Position: Start on your knees with one forearm on the ball.

Roll yourself out towards the ball using the one arm to support your weight until your body is semi straight.

Return to the starting position and repeat with the other arm.

Side Flexion w/ Med/Stability Ball (overhead arms)

**Exercise Description:**

Side Flexion w/ Med/Stability Ball (overhead arms)

Classification:

Core (stability ball)

Instructions:

Starting Position: Lie on your side over the stability ball and spread your legs for balance.

Hold a medicine ball over your head and curl up towards the ceiling. Lay back down across the ball and repeat the movement.

Repeat with the other side.

Supine Abdominal Stretch

**Exercise Description:**

Supine Abdominal Stretch

Classification:

Core (stability ball)

Instructions:

Lie across the ball with the small of your back on top of the ball.

Stretch your arms back behind your head and somewhat reach for the floor.

Allow your abs to stretch and hold the position for the prescribed number of reps.

3-Point Forward Roll



Exercise Description:

3-Point Forward Roll

Classification:

Core (stability ball)

Instructions:

Place your arms on the ball and form a plank position with your feet and the ball.

Roll your arms out and extend them over your head.

Hold this position for 1-2 seconds and return to the starting position.

Crab Walk with Bar on Ball

**Exercise Description:**

Crab Walk with Bar on Ball

Classification:

Core (stability ball)

Instructions:

Lie on your back on a stability ball.

Holding a bar overhead start walking in a circular motion around the ball. While completing this walk transfer the bar to one hand and bring out to the side.

Return to the starting position and repeat with the other side.

Elbow Bridge

**Exercise Description:**

Elbow Bridge

Classification:

Core (stability ball)

Instructions:

Starting Position: Place forearms and elbows on the ball and form a plank or bridge position. Hold for the prescribed number of seconds. You should feel your abdominals working during this exercise.

Same Side Superman



Exercise Description:

Same Side Superman

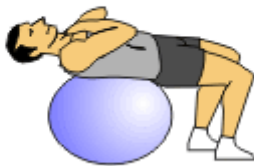
Classification:

Core (stability ball)

Instructions:

1. Start position: Lie face down on ball with hands down at sides. Raise left arm and left leg off floor.
2. Return to start position and repeat with the other side

Alternating Crunch



Exercise Description:

Alternating Crunch

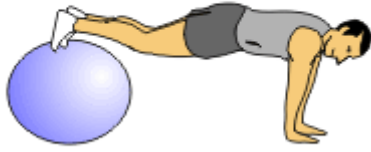
Classification:

Core (stability ball)

Instructions:

- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
- 3) Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
- 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up and rotate your shoulders to the left.
- 5) Return to start position and repeat to the other side.
- 6) Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Alternating Single Leg Bridge



Exercise Description:

Alternating Single Leg Bridge

Classification:

Core (stability ball)

Instructions:

Rollout on the ball until just your feet are on the ball and you are forming a bridge.

Keeping this position lift one foot off of the ball and hold for 1-2 seconds.

Return to the starting position and repeat with the other leg.

Full Ball Situp with Twist (Med Ball)



Exercise Description:

Full Ball Situp with Twist (Med Ball)

Classification:

Core (stability ball)

Instructions:

1. Sit in upright position on flexaball with feet flat on floor.

2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.

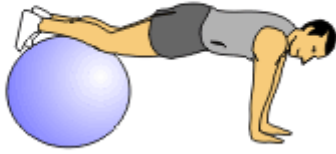
3. Place hands on chest and hold a medicine ball. Head should be in a neutral position with a space between chin and chest.

4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up and rotate your shoulders to the left.

5. Return to start position and repeat to the other side.

6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Two Leg Pike



Exercise Description:

Two Leg Pike

Classification:

Core (stability ball)

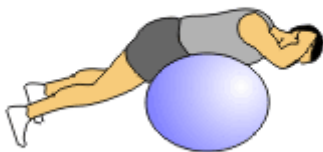
Instructions:

Rollout on the ball until your shins are on the ball and you are forming a bridge.

Keeping this position roll your knees in towards your chest.

Return to the starting position and repeat.

Low Back Extension



Exercise Description:

Low Back Extension

Classification:

Core (stability ball)

Instructions:

1) Lie face down on flexaball with knees and feet on floor.

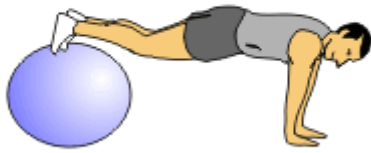
2) Flexaball placement should be at abdominal to lower chest region.

3) With hands on chest, raise trunk 4-8 inches.

4) Lower to start position.

5) To increase intensity, position ball down towards hips, feet wide with knees off floor. Hands may be placed behind head and overhead to further increase resistance. To increase stability, place feet against wall or stationary object.

Two Arm Bridge



Exercise Description:

Two Arm Bridge

Classification:

Core (stability ball)

Instructions:

Rollout on the ball until just your feet are on the ball and you are forming a bridge.

Keeping this position lift and hold for the prescribed number of seconds.

Core (stability ball)



Exercise Description:

Crunch (arms behind head)

Classification:

Core (stability ball)

Instructions:

- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
- 3) Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
- 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.
- 5) Return to start position.
- 6) Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Crunch (feet on ball)



Exercise Description:

Crunch (feet on ball)

Classification:

Core (stability ball)

Instructions:

1. Start position: Lie back onto floor or bench with knees on top of the ball and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
 2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.
 3. Return to start position.
 4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.
- Arm to Leg Exchange



Exercise Description:

Arm to Leg Exchange

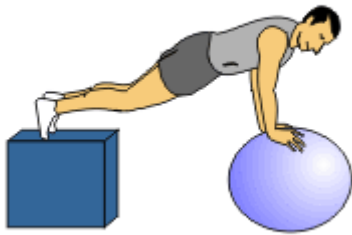
Classification:

Core (stability ball)

Instructions:

- 1) Lie back onto floor or bench with knees bent and hands straight behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
- 2) Start position: Straighten legs and hold a stability ball between your legs.
- 3) Leading with the chin and chest towards the ceiling, contract the abdominals and raise shoulders off floor or bench. During the crunch, also bring legs and ball towards chest. At the top position transfer the ball from your legs to your hands.
- 4) Return to start position and repeat in the other direction.
- 5) Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Elevated Feet Pushup



Exercise Description:

Elevated Feet Pushup

Classification:

Core (stability ball)

Instructions:

- 1) Lie face down on a ball with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
 - 2) Place hands slightly wider than shoulder width
 - 3) Start position: Extend your arms and place feet at hip width with toes positioned onto a secure bench or chair.
 - 4) Lower your body (legs, hips, trunk, and head).
 - 5) Return to the start position by extending at the elbows and pushing the body up.
- Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.
- Full Situp (w/ med and stability ball)



Exercise Description:

Full Situp (w/ med and stability ball)

Classification:

Core (stability ball)

Instructions:

1. Sit in upright position on flexaball with feet flat on floor.
2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
3. Place hands on chest and hold a medicine ball. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up to a seated position.
5. Return to start position.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Full Situp w/ Rotation (Med/Stability Ball)



Exercise Description:

Full Situp w/ Rotation (Med/Stability Ball)

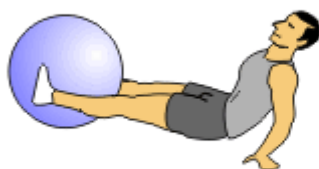
Classification:

Core (stability ball)

Instructions:

1. Sit in upright position on flexaball with feet flat on floor.
2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
3. Place hands on chest and hold a medicine ball. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up to a seated position. Rotate your shoulders to the left and then to the right.
5. Return to start position.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Lower Abs In and Out



Exercise Description:

Lower Abs In and Out

Classification:

Core (stability ball)

Instructions:

Sit in a seated position and place a stability ball between your legs. Straighten your legs and then bring your knees to your chest and lift the ball off the floor. Return to the starting position.

Knee Lift



Exercise Description:

Knee Lift

Classification:

Core (stability ball)

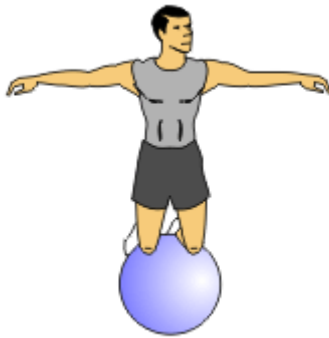
Instructions:

Lie on your back and place a stability ball behind your knees.

Secure it with the backs of your legs and your feet.

Lift your knees towards your chest and then return to the starting position.

Kneeling Balance



Exercise Description:

Kneeling Balance

Classification:

Core (stability ball)

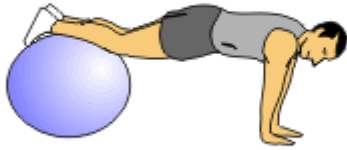
Instructions:

Start Position: Position yourself on the ball by placing your shins on top of the ball and balancing in this position.

Use the tops of your feet to help control the movement of the ball by placing them against the ball.

Hold for the prescribed number of seconds.

Full Pike



Exercise Description:

Full Pike

Classification:

Core (stability ball)

Instructions:

Rollout on the ball until your shins are on the ball and you are forming a bridge.

Keeping this position roll your legs in towards your chest keeping your legs semi straight.

Your hips should be elevated towards the ceiling.

Return to the starting position and repeat.

Reverse Hyper on Ball and Bench



Exercise Description:

Reverse Hyper on Ball and Bench

Classification:

Core (stability ball)

Instructions:

1) Start position: Lie face down on bench with hips and legs off ball. Grasp underside of bench or grasp handles (if applicable). With knees slightly bent, raise legs to parallel with the floor.

2) Return to start position.

3) Remember to keep head and back straight in a neutral position throughout movement - hyperextension may cause injury. To decrease intensity, bend knees to 90° and perform movement.

Reverse Hyper on Ball and Bench (w/ DB)



Exercise Description:

Reverse Hyper on Ball and Bench (w/ DB)

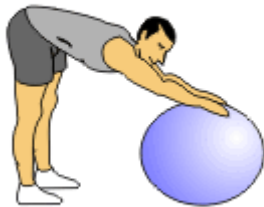
Classification:

Core (stability ball)

Instructions:

1. Start position: Lie face down on bench with hips and legs off ball. Grasp underside of bench or grasp handles (if applicable). Place a dumbbell between your feet. With knees slightly bent, raise legs to parallel with the floor.
2. Return to start position.
3. Remember to keep head and back straight in a neutral position throughout movement - hyperextension may cause injury. To decrease intensity, bend knees to 90° and perform movement.

Rollout to Hip on Ball



Exercise Description:

Rollout to Hip on Ball

Classification:

Core (stability ball)

Instructions:

Starting Position: Place outstretched hands on the ball and bend forward at the waist. Rollout the ball so that the ball rolls down towards your waist. Pull yourself back to the starting position and repeat.

Shoulder Roll Out (on knees)



Exercise Description:

Shoulder Roll Out (on knees)

Classification:

Core (stability ball)

Instructions:

Start on your knees and place your hands on the ball with your arms outstretched.

Rollout out the ball keeping your hips parallel with the rest of your body.

Return to the starting position by pulling your arms back up the ball until you are in an upright position.

Kneeling Shoulder Rollout



Exercise Description:

Kneeling Shoulder Rollout

Classification:

Core (stability ball)

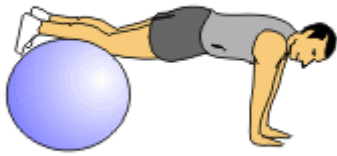
Instructions:

Start on your knees and place your hands on the ball with your arms outstretched.

Rollout out the ball keeping your hips parallel with the rest of your body.

Return to the starting position by pulling your arms back up the ball until you are in an upright position.

Single Leg Alternating Pull In



Exercise Description:

Single Leg Alternating Pull In

Classification:

Core (stability ball)

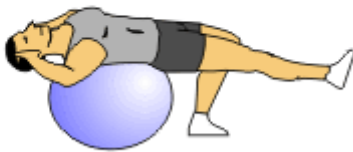
Instructions:

Rollout on the ball until your shins are on the ball and you are forming a bridge.

Keeping this position roll one knee in towards your chest.

Return to the starting position and repeat with the other leg.

Single Leg Crunch



Exercise Description:

Single Leg Crunch

Classification:

Core (stability ball)

Instructions:

1. Sit in upright position on flexaball with feet flat on floor.

2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.

3. Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest. Extend one leg straight out and off the ground.

4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.

Return to start position and repeat with the other leg off of the ground.

Squeeze, Twist and Crunch



Exercise Description:

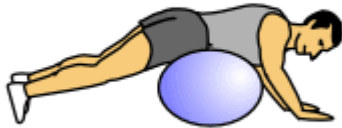
Squeeze, Twist and Crunch

Classification:

Core (stability ball)

Instructions:

1. Start position: Lie back onto floor or bench with legs extended and straight up squeezing a stability ball and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
 2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor and twist your shoulders leading with the right shoulder. Return to start position and repeat with the other shoulder.
- Stability Ball Superman



Exercise Description:

Stability Ball Superman

Classification:

Core (stability ball)

Instructions:

1. Start position: Lie face down on ball with hands down at sides. Raise both arms and legs off floor.
2. Return to start position and repeat with the other side.

Weighted Stability Ball Crunch



Exercise Description:

Weighted Stability Ball Crunch

Classification:

Core (stability ball)

Instructions:

1. Sit in upright position on flexaball with feet flat on floor.
 2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
 3. Place hands on chest holding a dumbbell. Head should be in a neutral position with a space between chin and chest.
 4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.
 5. Return to start position.
 6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.
- Weighted Russian Twist



Exercise Description:

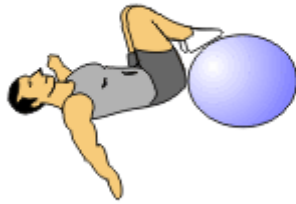
Weighted Russian Twist

Classification:

Core (stability ball)

Instructions:

1. Roll out onto ball in a supine position. The ball should be on your upper back.
 2. Keeping your hips and body parallel to the floor (no sagging of the hips) rotate your shoulders to the right holding a dumbbell with your arms extended.
 3. Remember to keep your trunk parallel with the floor.
 4. Now rotate towards your left and repeat back and forth until the desired number of repetitions is met. The ball should pretty much stay in one place. Keep your body in a straight line and parallel with the floor. No sagging of the hips.
- Hamstring Curl



Exercise Description:

Hamstring Curl

Classification:

Core (stability ball)

Instructions:

- 1) Assume back lying position on floor. Place hands at sides with palms down on floor.
- 2) Start position: Place heels of both feet on top of stability ball. Raise hips off floor.
- 3) Curl heels toward glutes by flexing at the knee. Hips should remain off floor.
- 4) Return to start position.
- 5) Remember to maintain stability of ball by utilizing muscles in the trunk and core. To increase difficulty, cross arms hands over chest to take away base of support.

Hip Bridge on Ball



Exercise Description:

Hip Bridge on Ball

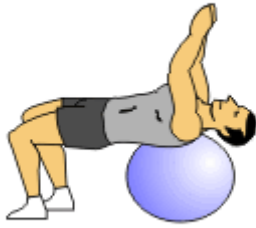
Classification:

Core (stability ball)

Instructions:

- 1) Assume back lying position on floor. Place hands at sides with palms down on floor.
- 2) Start position: Place heels on top of Flexaball with knees slightly bent.
- 3) Raise hips off floor by pressing heels into ball.
- 4) Return to start position.
- 5) To increase difficulty, raise and extend arms above chest.

Russian Twist



Exercise Description:

Russian Twist

Classification:

Core (stability ball)

Instructions:

1. Roll out onto ball in a supine position. The ball should be on your upper back.
 2. Keeping your hips and body parallel to the floor (no sagging of the hips) rotate your shoulders to the right with your arms extended.
 3. Remember to keep your trunk parallel with the floor.
- Now rotate towards your left and repeat back and forth until the desired number of repetitions is met. The ball should pretty much stay in one place. Keep your body in a straight line and parallel with the floor. No sagging of the hips
- Advanced Leg Raise Split on Ball (w/ ankle wt)



Exercise Description:

Advanced Leg Raise Split on Ball (w/ ankle wt)

Classification:

Core (stability ball)

Instructions:

1. Start position: Roll out face down on the ball until your stomach and pelvis is on top of the ball.
 2. Drop your shoulders towards the floor and raise legs so that you are at a 45 degree angle to the floor.
 3. With ankle weights attached to each leg spread your legs into a V and then bring back together.
 4. Remember to keep your body in a straight line contracting your lower back to maintain good technique.
 5. Repeat for prescribed number of repetitions.
- Alternate Arm Swings on Ball



Exercise Description:

Alternate Arm Swings on Ball

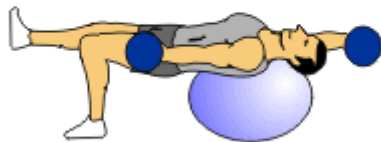
Classification:

Core (stability ball)

Instructions:

1. Starting Position: Lie supine on stability ball. Take a dumbbell in each hand and start with arms extended straight up towards ceiling.
2. Simultaneously keeping arms straight extend one arm back and the other arm forward.
3. When your arms are parallel to the floor return to the starting position.
4. Repeat for the prescribed number of repetitions.

Alternate Arm Swings/Leg Raises on Ball



Exercise Description:

Alternate Arm Swings/Leg Raises on Ball

Classification:

Core (stability ball)

Instructions:

1. Starting Position: Lie supine on stability ball. Take a dumbbell in each hand and start with arms extended straight up towards ceiling.
2. Simultaneously keeping arms straight extend one arm back and the other arm forward.
3. When your arms are parallel to the floor return to the starting position.
4. While you are swinging your arms alternate each leg by raising one leg off of the floor and returning to floor when your arms return to the starting position. Alternate legs.
4. Repeat for the prescribed number of repetitions.

Alternate Sword Pull on Ball



Exercise Description:

Alternate Sword Pull on Ball

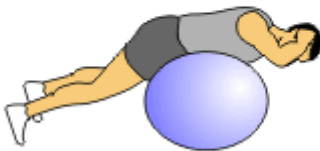
Classification:

Core (stability ball)

Instructions:

1. Lie on back on stability ball. Holding weights in hand place both weights on opposite hip.
2. Pull first weight off of hip like you are drawing a sword from your holster.
3. Once the first arm is moved and perpendicular to the floor then pull the other arm up off the hip.
4. Use a somewhat circular motion to place weight back on opposite hip.
5. Repeat for prescribed number of repetitions.

Back Extension on Ball



Exercise Description:

Back Extension on Ball

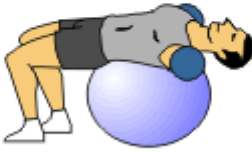
Classification:

Core (stability ball)

Instructions:

- 1) Lie face down on flexaball with knees and feet on floor.
- 2) Flexaball placement should be at abdominal to lower chest region.
- 3) With hands on chest, raise trunk 4-8 inches.
- 4) Lower to start position.
- 5) To increase intensity, position ball down towards hips, feet wide with knees off floor. Hands may be placed behind head and overhead to further increase resistance. To increase stability, place feet against wall or stationary object.

Shoulder Criss-Cross on the Ball



Exercise Description:

Shoulder Criss-Cross on the Ball

Classification:

Core (stability ball)

Instructions:

1. Start position: Maintaining stability, bring DB's to shoulders and press up positioning DB's above the chest with palms facing each other (neutral grip).
2. Keeping the elbows slightly bent, lower the DB's out and away from each other in an arcing motion with hands aligned with the nipple-line.
3. Let your upper arm go parallel to slightly past parallel to the ground then bring your arms up and across your body to the opposite shoulder. Return to the starting position.

Lateral Raise (kneeling on ball)



Exercise Description:

Lateral Raise (kneeling on ball)

Classification:

Core (stability ball)

Instructions:

1. Starting position: Kneel on ball and establish a firm base.
2. Have someone hand you a dumbbell in each hand.
3. Maintaining balance laterally raise the dumbbells out to a 90 degree position from the body.
4. Return to the starting position and repeat according to the prescribed repetitions. Remember to keep your core tight throughout the movement.

Reverse Curl with Stability Ball



Exercise Description:

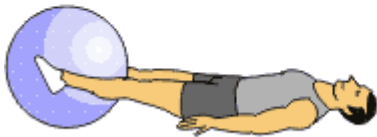
Reverse Curl with Stability Ball

Classification:

Core (stability ball)

Instructions:

- 1) Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air holding a stability ball between your feet. Position arms at sides with palms down on floor.
 - 2) Leading with the knees towards the ceiling, raise glutes (butt) off floor or bench.
 - 3) Return to start position.
 - 4) Remember keep legs from swinging to prevent momentum throughout the exercise
- Rollover with Stability Ball



Exercise Description:

Rollover with Stability Ball

Classification:

Core (stability ball)

Instructions:

- 1) Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air holding a stability ball. Position arms at sides with palms down on floor.
 - 2) Keeping legs straight lower your legs towards the floor and then bring them up towards your head. You will have to lift your glutes and lower back off the floor to accomplish this.
 - 3) Return to start position.
 - 4) Remember keep legs from swinging to prevent momentum throughout the exercise
- Skiier Twist



Exercise Description:

Skier Twist

Classification:

Core (stability ball)

Instructions:

1. Roll out onto ball in a prone position. The ball should be under your shins.
2. Keeping your hips and body parallel to the floor (no sagging of the hips) bring your legs in towards your chest.
3. Remember to keep your trunk parallel with the floor.
4. Now rotate towards your left and repeat back and forth until the desired number of repetitions is met. The ball should pretty much stay in one place. Keep your body in a somewhat straight line and somewhat parallel with the floor.

Alternating Superman on Ball



Exercise Description:

Alternating Superman on Ball

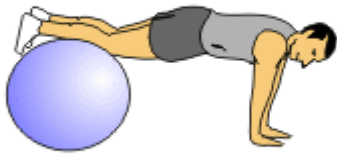
Classification:

Core (stability ball)

Instructions:

- 1) Lie face down on a ball with arms extended overhead.
- 2) Raise right arm and left leg 4-8 inches off floor.
- 3) Lower and raise alternate opposite arm and leg.
- 4) Remember to keep head and back in a neutral position. Shoulders and hips should remain squared throughout movement.

Stability Ball Pull In



Exercise Description:

Stability Ball Pull In

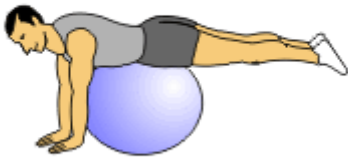
Classification:

Core (stability ball)

Instructions:

1. Roll out onto ball in a prone position. The ball should be under your shins.
2. Keeping your hips and body parallel to the floor (no sagging of the hips) bring your knees in towards your chest.
3. Remember to keep your trunk parallel with the floor.
4. Now extend them back to a parallel position. Repeat until the number of repetitions is met. No sagging of the hips.

Single Leg Curl ON ball



Exercise Description:

Single Leg Curl ON ball

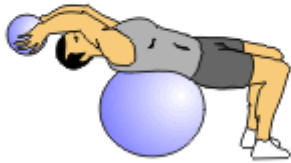
Classification:

Core (stability ball)

Instructions:

1. Start by rolling face down onto the ball so that the ball is under your hips.
2. Place your hands on the ground for stability with both legs elevated off the ground.
3. Curl one leg up towards your back and then return to the the starting position. Repeat with the other leg.
4. To add intensity you can place an ankle weight around your legs or attach your ankle to tubing or a cable.

Med ball toss and crunch



Exercise Description:

Med ball toss and crunch

Classification:

Core (stability ball)

Instructions:

- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a “table top” position parallel to floor.
- 3) Hold medicine ball above your head with your arms semi-straight.
- 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.

Now throw the ball to your partner as you crunch up.

- 5) Stay up until your partner throws the ball back and then return to start position.

- 6) Remember to keep head and back in a neutral position.

Reverse crunch with ball



Exercise Description:

Reverse crunch with ball

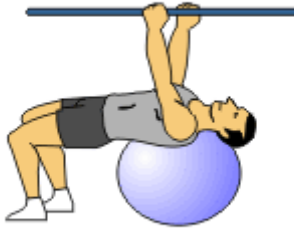
Classification:

Core (stability ball)

Instructions:

1. Lie on your back and hold a stability ball between your legs.
2. Raise your legs up off the floor and bring to a 90 degree angle to your hips.
3. Proceed to curl your hips up and backwards towards your shoulders.
4. Return to the starting position of 90 degrees at the hip and repeat.

Supine trunk rotation with toning bar



Exercise Description:

Supine trunk rotation with toning bar

Classification:

Core (stability ball)

Instructions:

1. Lie on your back on a ball so that the ball is under your upper back.
2. Hold a toning bar up above your chest keeping your arms straight.
3. Holding this position rotate your shoulders and arms to the side so that your shoulders are 90 degrees to your hips.
4. Return to the starting position and repeat to the other side. Try to keep your hips facing the ceiling during the entire movement. Do not rotate your hips.

Supine trunk twists with kettleball



Exercise Description:

Supine trunk twists with kettleball

Classification:

Core (stability ball)

Instructions:

1. Lie on your back on a ball so that the ball is under your upper back.
2. Hold a kettleball up above your chest keeping your arms straight.
3. Holding this position rotate your shoulders and arms to the side so that your shoulders are 90 degrees to your hips.
4. Return to the starting position and repeat to the other side. Try to keep your hips facing the ceiling during the entire movement. Do not rotate your hips.

Hip Circles with stability ball



Exercise Description:

Hip Circles with stability ball

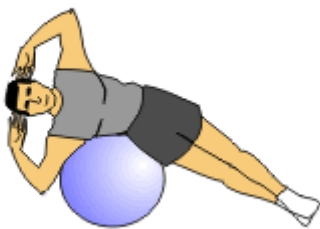
Classification:

Core (stability ball)

Instructions:

1. Sit on the floor and place a stability ball between your lower legs.
2. Squeeze the stability ball with your legs and raise your legs into the air.
3. Rotate your legs up and down opposite of each other to create a circular motion.
4. Continue for prescribed number of repetitions.

Lateral Flexion on ball



Exercise Description:

Lateral Flexion on ball

Classification:

Core (stability ball)

Instructions:

1. Start by laying across a stability ball so that the ball is placed under your hip.
2. Laterally flex your body and raise your upper body up towards the ceiling. Keep your body parallel the entire time.
3. Repeat for the prescribed repetitions and then repeat with the other side.

Oblique Crunch with toning bar



Exercise Description:

Oblique Crunch with toning bar

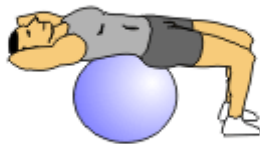
Classification:

Core (stability ball)

Instructions:

- 1) Lie with back on ball with knees bent.
- 2) Start position: Place toning bar across your chest.
- 3) Leading with the chin and right shoulder, contract abdominal muscles and raise right shoulder ball towards left knee.
- 4) Return to start position and repeat with other side.

Oblique Crunch with Ball



Exercise Description:

Oblique Crunch with Ball

Classification:

Core (stability ball)

Instructions:

- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
- 3) Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
- 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise right shoulder up and twist towards left knee.
- 5) Return to start position and repeat with the other side.

Oblique Twists with med ball and balance disc



Exercise Description:

Oblique Twists with med ball and balance disc

Classification:

Core (stability ball)

Instructions:

1. Sit on balance disc and balance on the disc using your abs to stabilize your body. Hold your feet a couple of inches off the ground.
2. Holding a medicine ball at chest level rotate to the right reaching the ball towards the ground to the right of you.
3. Return to the starting position and repeat to the other side.

Oblique Crunch with med ball



Exercise Description:

Oblique Crunch with med ball

Classification:

Core (stability ball)

Instructions:

- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
- 3) Place hands in over your head holding a medicine ball. Head should be in a neutral position with a space between chin and chest.
- 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise right shoulder up and twist towards left knee and bring the ball towards that knee.
- 5) Return to start position and repeat with the other side.

1-Arm Rollout on the ball



Exercise Description:

1-Arm Rollout on the ball

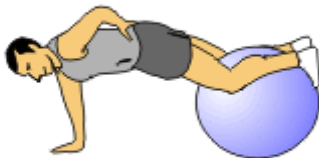
Classification:

Core (stability ball)

Instructions:

1. Start by kneeling on the ground and placing one arm on top of the ball.
2. Keeping your abs tight and body parallel roll the ball forward letting your body roll forward with it.
3. Reach a point where it is hard to maintain stability and then using just your arm bring the ball in towards your body.
4. This is a great ab exercise but remember to keep your hips parallel with your body the entire time and just use your arm to move the ball forward and backwards.

1-Arm Raise Level 2 on Ball



Exercise Description:

1-Arm Raise Level 2 on Ball

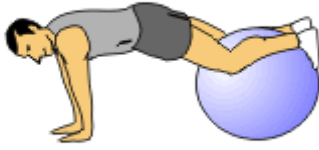
Classification:

Core (stability ball)

Instructions:

1. Start by placing your feet on top of the ball and holding a plank position with your hands on the ground.
2. Once your body is stabilized in this plank position slowly raise one arm off the ground.
3. Bring the arm forward and then backwards to your hip.
4. Return to the start position and repeat with the other arm.

1-Arm Raise Level 1 on Ball



Exercise Description:

1-Arm Raise Level 1 on Ball

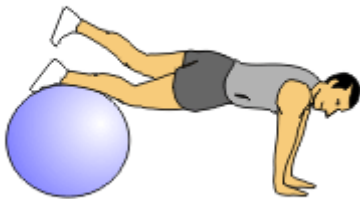
Classification:

Core (stability ball)

Instructions:

1. Start by placing your feet on top of the ball and holding a plank position with your hands on the ground.
2. Once your body is stabilized in this plank position slowly raise one arm off the ground.
3. Bring the arm forward and then return to the ground.
4. Repeat with the other arm.

1-Leg Plank with Push-up



Exercise Description:

1-Leg Plank with Push-up

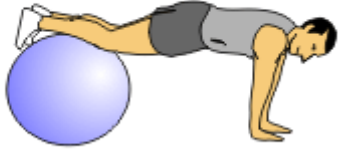
Classification:

Core (stability ball)

Instructions:

- 1) Lie face down with chest on flexaball.
- 2) Take your hands and walk forward allowing the flexaball to roll under your body until the top of your feet are supported by the flexaball.
- 3) Start position: Place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line. Remove one foot and suspend it 4-6 inches above the flexaball.
- 4) Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor.
- 5) Return to the start position by extending at the elbows and pushing the body up.

Prone Knee Tucks on Ball



Exercise Description:

Prone Knee Tucks on Ball

Classification:

Core (stability ball)

Instructions:

1. Start by placing your legs on top of a stability ball and your hands on the ground to form a plank position.
2. Drive your knees in towards your chest bringing the ball with you.
3. Return to the starting position and repeat. Keep your abs tight and your hips parallel with your body.

Prone Plank with 1 Arm Shoulder Stabilization



Exercise Description:

Prone Plank with 1 Arm Shoulder Stabilization

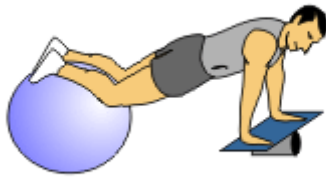
Classification:

Core (stability ball)

Instructions:

1. Start by placing your legs on top of a stability ball and your hands on the ground to form a plank position.
2. Holding a kettleball in one hand bring that arm up and out to the side keeping your arm straight.
3. Return to the starting position and repeat. Repeat with the other arm.
4. Keep your abs tight and hips parallel with your body.

Pushup with stability ball and balance board



Exercise Description:

Pushup with stability ball and balance board

Classification:

Core (stability ball)

Instructions:

1. Start by placing your hands on a balance board and your feet on top of a stability ball.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Reverse Crunch with stability ball



Exercise Description:

Reverse Crunch with stability ball

Classification:

Core (stability ball)

Instructions:

- 1) Start position: Lie with back on floor with hips flexed at 90° and feet in air. Place a ball between your legs and squeeze with your lower legs.
- 2) Leading with the heels towards the ceiling, raise glutes (butt) off floor.
- 3) Return to start position.
- 4) Remember keep legs from swinging to prevent momentum throughout the exercise.

Supine Twist with med ball



Exercise Description:

Supine Twist with med ball

Classification:

Core (stability ball)

Instructions:

1. Lie on your back with the ball under your upper shoulders and hold onto a medicine ball above your chest.
2. Keeping the ball in front of your chest rotate your shoulders and trunk until the ball is facing the side.
3. Try to keep your hips somewhat stable and facing the ceiling during this movement.
4. The movement should initiate from your trunk. Alternate sides until the prescribed repetitions are complete.

Lateral Flexion on stability ball



Exercise Description:

Lateral Flexion on stability ball

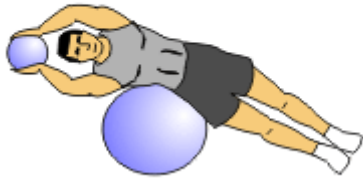
Classification:

Core (stability ball)

Instructions:

1. Lie on your side with the stability ball just on top and above your hip. Spread your feet apart so that you can balance. Once your balance improves then put your feet together.
2. Holding a medicine ball at chest level laterally flex your trunk and contract your oblique muscles.
3. Return to the starting position and repeat. Switch to the other side and complete prescribed repetitions.

Lateral Flexion with med ball overhead



Exercise Description:

Lateral Flexion with med ball overhead

Classification:

Core (stability ball)

Instructions:

1. Lie on your side with the stability ball just on top and above your hip. Spread your feet apart so that you can balance. Once your balance improves then put your feet together.
2. Holding a medicine ball above your head laterally flex your trunk and contract your oblique muscles.
3. Return to the starting position and repeat. Switch to the other side and complete prescribed repetitions.

Seated Twist with med ball



Exercise Description:

Seated Twist with med ball

Classification:

Core (stability ball)

Instructions:

1. Sit on a stability ball with knees bent at 90 degrees and hold a medicine ball at chest level.
2. Rotate your trunk from the waist until your chest is facing to the side.
3. Return to the starting position and repeat to the other side.

Seated Reverse Wood Chop



Exercise Description:

Seated Reverse Wood Chop

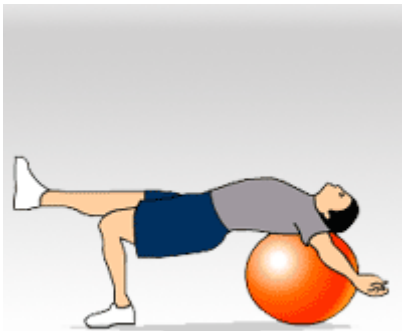
Classification:

Core (stability ball)

Instructions:

1. Sit on a stability ball with your knees bent at 90 degrees.
2. Hold a medicine ball and start at your right hip.
3. Rotate your trunk and arms to lift the ball above your left shoulder.
4. You should rotate at your trunk first and then lift and twist your arms.
5. Return to the starting position and repeat to the other side.

Single Leg Supine Bridge



Exercise Description:

Single Leg Supine Bridge

Classification:

Core (stability ball)

Instructions:

1. Start by lying on top of a stability ball with your upper back.
2. Create a table top with your trunk. Knees should be bent at 90 degrees and your trunk parallel to the floor.
3. Maintain this table top by contracting your abs, and glutes.
4. Raise one leg off the floor maintaining the table top position and extend the knee.
5. Return to the starting position and repeat with the other leg.

Seated Trunk Rotation with 1 leg



Exercise Description:

Seated Trunk Rotation with 1 leg

Classification:

Core (stability ball)

Instructions:

1. Start by sitting on the stability ball and hold a dumbbell straight out in front of your shoulders.
2. Slowly raise one leg off the floor and maintain your balance.
3. Now rotate your trunk back and forth holding the dumbbell out in front of you and keeping one leg off the floor.
4. Continue for the prescribed number of repetitions and repeat with the other leg.

Seated Balance with Med Ball and Stability Ball



Exercise Description:

Seated Balance with Med Ball and Stability Ball

Classification:

Core (stability ball)

Instructions:

1. Start by sitting on a stability ball and placing one foot on the ground and the other on top of a medicine ball.
2. Once you have maintained your balance then slowly raise the foot on the floor off the ground and hold.
3. Maintain this balance for the prescribed number of seconds and then repeat with the other leg.

Seated Balance on One Leg



Exercise Description:

Seated Balance on One Leg

Classification:

Core (stability ball)

Instructions:

1. Start by sitting on a stability ball and placing one foot on the ground and the other on top of a balance disc.
2. Once you have maintained your balance then slowly raise the foot on the floor off the ground and hold.
3. Maintain this balance for the prescribed number of seconds and then repeat with the other leg.

Kneeling Med Ball Chest Pass



Exercise Description:

Kneeling Med Ball Chest Pass

Classification:

Core (stability ball)

Instructions:

1. Start by kneeling on a stability ball and maintaining your balance.
2. Hold a medicine ball at chest level and perform a chest pass to a partner.
3. Keeping your core tight set yourself to receive the pass back from your partner.
4. Maintain balance while receiving the ball and repeat again for prescribed repetitions.

Seated Med Ball Chest Pass



Exercise Description:

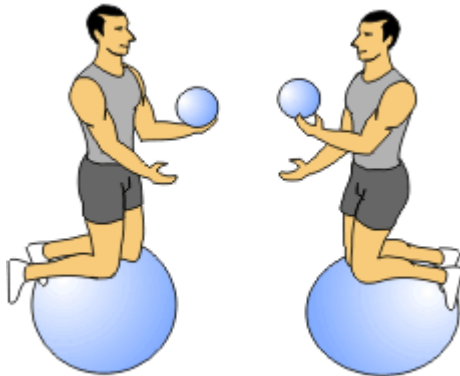
Seated Med Ball Chest Pass

Classification:

Core (stability ball)

Instructions:

1. Start by sitting on a stability ball and maintaining your balance.
 2. Hold a medicine ball at chest level and perform a chest pass to a partner.
 3. Keeping your core tight set yourself to receive the pass back from your partner.
 4. Maintain balance while receiving the ball and repeat again for prescribed repetitions.
- Partner toss with stability ball



Exercise Description:

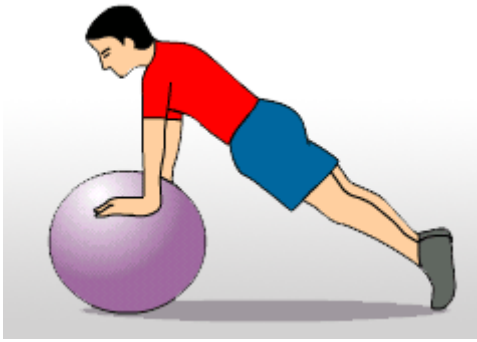
Partner toss with stability ball

Classification:

Core (stability ball)

Instructions:

1. Start by each individual kneeling on a stability ball and maintain your balance.
 2. Each individual should have a med ball in opposite hands.
 3. While maintaining your balance toss your ball towards the hand of your partner. Simultaneously your partner will toss their ball towards your free hand.
 4. Catch the ball while maintaining your balance and repeat.
- 1 leg knee drive with stability ball



Exercise Description:

1 leg knee drive with stability ball

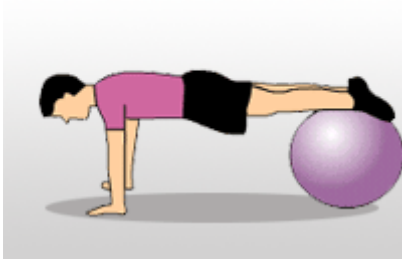
Classification:

Core (stability ball)

Instructions:

1. Start by placing your hands on top of a stability ball and hold yourself in a pushup position.
2. Maintaining good balance raise your left leg up towards your chest and then return your foot to the floor.
3. Repeat with the other leg.
4. Keep your abs drawn in tight and control the leg movement.

Prone Knee Tuck on ball



Exercise Description:

Prone Knee Tuck on ball

Classification:

Core (stability ball)

Instructions:

1. Start in a push up position with your feet on top of a stability ball.
2. Slowly bring your knees in towards your chest and then return to the starting position.
3. When your legs are extended make sure to keep your hips parallel with your body and do not let them sag towards the ground.

Supine Shoulder Shift with kettlebells



Exercise Description:

Supine Shoulder Shift with kettlebells

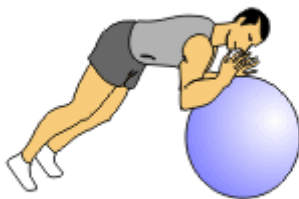
Classification:

Core (stability ball)

Instructions:

1. Lie on your back with a ball under your upper back and hold a kettlebell in each hand with your arms outstretched.
2. Rotate your body so the exercise ball shifts towards one shoulder and then shift back to the other shoulder.
3. Maintain good core control and balance throughout the movement.
4. Repeat for the prescribed repetitions

3 point rollout on ball



Exercise Description:

3 point rollout on ball

Classification:

Core (stability ball)

Instructions:

1. Place your forearms on top of the ball and your feet anchored on the floor.
2. Keep your trunk in a parallel position and draw your belly button in towards your spine.
3. Slowly extend your arms out away from your body and then bring them back in towards your chest.
4. Do not let your hips drop below parallel. If this happens do not extend your arms as far. Your arms should only be extended as far as you can without dropping your hips below parallel.

Rollout from knees



Exercise Description:

Rollout from knees

Classification:

Core (stability ball)

Instructions:

1. Start by kneeling on your knees and placing your hands on top of the ball.
2. Slowly roll the ball forward until you are unable to control your body.
3. Your hips will move slightly forward but remember to keep a solid trunk and try not to use too much of your arms.
4. Return to the starting position and repeat.

Lateral Crunch on ball



Exercise Description:

Lateral Crunch on ball

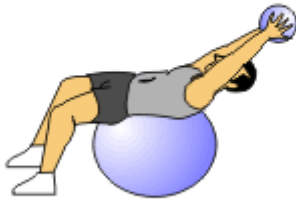
Classification:

Core (stability ball)

Instructions:

1. Start by lying on your side across a stability ball with your knees on the ground.
2. Lift your shoulders up laterally so that you perform a side crunch.
3. Return to the starting position and repeat for the required repetitions.
4. Repeat with the other side.

Crunch with med ball chop



Exercise Description:

Crunch with med ball chop

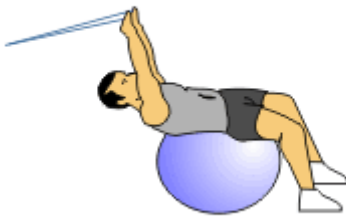
Classification:

Core (stability ball)

Instructions:

1. Start by lying on top of the ball with the small of your back towards the top of the ball.
2. Place the med ball above your head to start the movement. Crunch up and bring the ball forward and to one side of your hip.
3. Return to the starting position and crunch again bringing the ball forward to the opposite hip.
4. Continue to alternate sides and repeat for the desired repetitions.

Ball Crunch with band



Exercise Description:

Ball Crunch with band

Classification:

Core (stability ball)

Instructions:

1. Start by lying on top of the ball with the small of your back towards the top of the ball.
2. Place the stability ball in such a position so that the band is behind your head to start the movement. Crunch up and keep your hands and the band behind your head.
3. Return to the starting position and repeat for the desired repetitions.

Straight Leg Leg Lift



Exercise Description:

Straight Leg Leg Lift

Classification:

Core (stability ball)

Instructions:

1. Start by lying on your back with your legs perpendicular to the floor holding a stability ball in between your legs.
2. Keeping your abs tight and your lower back in a neutral position slowly lower the ball towards the floor.
3. Once you reach the floor return to the starting position and repeat.
4. If you find that your lower back is coming up off the floor shorten the range of motion until your abdominal muscles get stronger.

