



Ball Hug

Core Control CC-1

Lift ball off lap until hands are even with shoulders and hug ball to chest. Hold. Lower to starting position. Repeat.

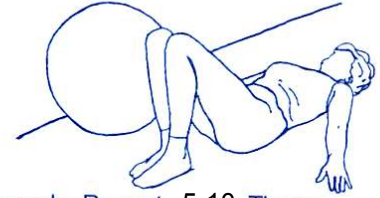


Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Gentle Truck Isometric - Supine

Core Control CC-2

Place the ball close to wall and lie down next to it with knees bent and feet on the floor. Adjust ball so that it is lightly pressed between the wall and knees. If no wall is available, use hand to hold ball at side. Press knees against ball as firmly as comfortable. Hold. Relax and repeat. Switch



Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Prone Walk-Out

Core Control CC-3

Lie trunk over ball with hands on the floor under shoulders. Walk out hands letting ball roll down body. Walk out as far as strength and balance allow and return to starting position. Keep spine in optimal posture by tightening abdominals and buttocks.



Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Push-Up

Core Control CC-4

Walk out as far as strength and balance allow. Lower body by bending elbows while balancing on the ball. Push up by straightening elbows. Repeat. Keep spine still by tightening abdominal and buttock muscles.

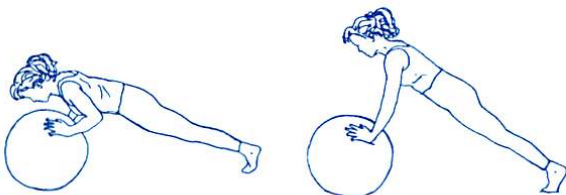


Hold 2 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Advanced Push-Up

Core Control CC-5

Controlling ball, bend arms and lower trunk as far as possible without losing balance. Straighten arms and return to starting position. Repeat.



Hold 2 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Log Roll

Core Control CC-6

Walk out on ball so that ball is under legs. Move ball by swaying hips and legs as far as possible to one side without losing balance. Repeat to other side.



Hold 2 Seconds, Repeat 5-10 Times
Do 1-2 Times/day