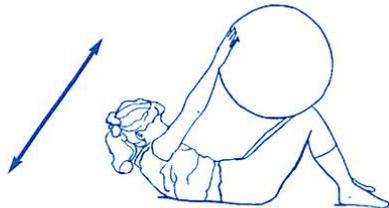




## Abdominal Curls

Spinal Flexion SF-3

Use hands to roll ball to top of knees. Tuck chin toward chest and lift head and shoulders off the floor. Lower to start and repeat. To target oblique muscles, roll ball diagonally across to outside of knee. Lower to start and repeat to other side.

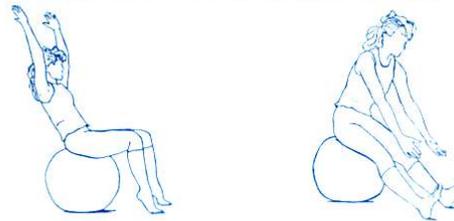


Hold  2  Seconds, Repeat  10-20  Times  
Do  1-2  Times/day

## Half Sit-Up - Spinal Mobility

Spinal Flexion SF-4

Lean backward allowing ball to roll forward while simultaneously lifting heels and raising arms overhead. Hold. Reverse by leaning forward and reaching for toes while straightening knees. Rock back onto heels by rolling the ball backward and allowing spine to bend. Repeat.

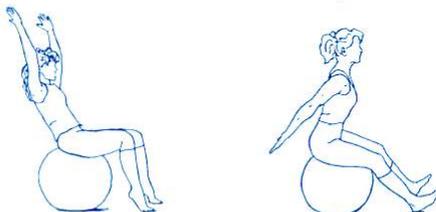


Hold  2  Seconds, Repeat  10-20  Times  
Do  1-2  Times/day

## Half Sit-Up - Spinal Stability

Spinal Flexion SF-5

Maintaining optimal posture, lean backwards while simultaneously lifting heels and raising arms overhead as ball rolls forward. Reverse by leaning forward, bending at hips and straightening knees while lowering arms and rolling ball backwards. Reverse and repeat.

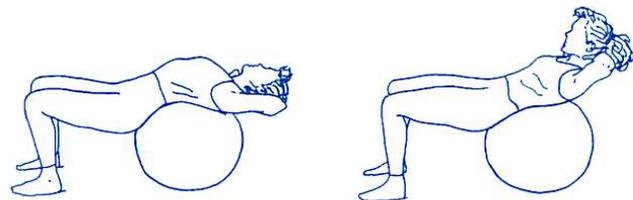


Hold  2  Seconds, Repeat  10-20  Times  
Do  1-2  Times/day

## Full Abdominal Curls

Spinal Flexion SF-7

Curl up by simultaneously contracting abdominal and buttocks muscles. Hold. Slowly curl down to starting position.



Hold  2  Seconds, Repeat  10-20  Times  
Do  1-2  Times/day

## Dynamic Full Sit-Up

Spinal Flexion SF-8

Place feet forward until knees are straight and feet are flat. While squeezing buttocks, bend knees and lean backwards allowing ball to roll forward until knees are bent 90 degrees and back is straight with arms at sides. To reverse, push feet into floor, straighten knees and curl trunk up to sitting position as ball rolls backwards.



Hold  2  Seconds, Repeat  10-20  Times  
Do  1-2  Times/day

## Dynamic Full Sit-Up with Oblique

Spinal Flexion SF-9

Perform Dynamic Full Sit-Up (See card SF-8) while bringing one arm out to side and reaching the other hand to the opposite shoulder while lowering trunk. Return to start by curling up and reaching arms back to center. Switch arms and repeat. Increase difficulty by adding weight to arm straightening out to side.



Hold  2  Seconds, Repeat  10-20  Times  
Do  1-2  Times/day