**Advanced Hip Lift - Spinal Stability**
Lift spine as a unit. Pick up one leg and write the alphabet with foot (move the foot with large movements and as much speed as possible). Repeat with other leg. Lower spine as unit to floor. Repeat.

Repeat **5-10** Times  
**Do 1-2** Times/day

**Arm & Leg Lifts-Quadruped**
Raise one arm and opposite leg squeezing the buttocks as leg lifts off floor. Return to start. Alternate to other side.

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

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**Gentle Upper Spine Extension - Prone**
Raise head, neck and upper back until head and arms are parallel to the floor (keep elbows even with ears). Slowly lower and repeat.

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

**Basic Push-Up**
Let ball roll forward as arms and legs straighten. Extend spine as far as comfortable. Press hips into the ball squeezing buttocks and tightening abdominal muscles. Slowly lower to start.

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

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**Airplane**
Lift trunk off ball as far as balance and comfort allows. Press hips into ball and squeeze buttocks while legs straighten. Slowly reverse and return to starting position. Add weights to hands or wrists as instructed.

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

**Advanced Airplane**
Assume the Airplane position (See card SE-11). Pick up one leg off the floor and write alphabet in the air as big and fast as possible. Switch legs and repeat.

Hold **5-20** Seconds, Repeat **5-10** Times  
**Do 1-2** Times/day