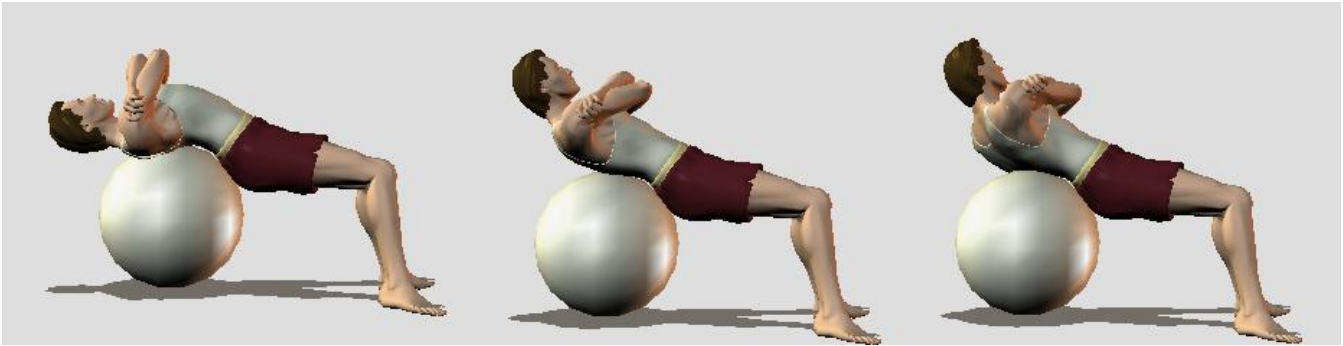


Back Stabilizing Exercises



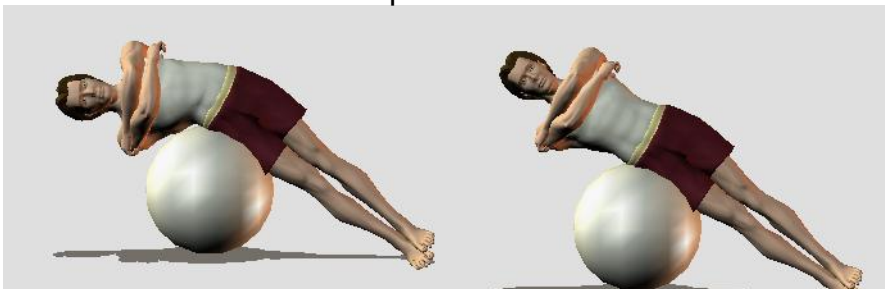
Abdominal Crunch

- Feet against the wall
- Sit on ball and roll knees forward until your lower back is resting on the ball
- Cross your arms
- Extend your upper back and shoulders over the ball, stretching your abdominals
- Slowly lift your shoulders up off the ball
- Roll your shoulder toward your opposite knee
- Perform 2 sets of 10 repetitions



Super Man

- Rest your chest on the ball with your feet against the wall
- Arms pointing backwards
- Push away from the wall, straightening your legs as you roll forward on the ball
- Extend your arms over your head and arch your back upward
- Return to the original position and repeat
- Perform 2 sets of 10 repetitions



Side Stabilizer

- Place both feet on the wall, bottom leg forward and straight at the knee
- Cross your arms and rest your side and hips against the ball
- Lower your upper body