

# Phase III

## Stability Ball Exercises

### Done 3 times per week

1. **Superman**- Lay prone over the ball with your waist line centered over the top of the ball, chest slightly raised. Hands rest lightly on the floor in front of you. Feet rest on the floor behind you about shoulder width apart. Set your abdominals and tuck your chin in before you move anything. Raise one arm in front of you to shoulder height. At the same time, raise the opposite leg. Hold for 5 seconds and lower your hand and foot to the floor. Repeat on other side. Complete 3 sets of 10 for a total of 30 on each side.



[http://www.womensfitness.co.uk/sites/womensfitness/files/styles/gallery/public/superman\\_3.jpg?itok=Lb7FQdXg](http://www.womensfitness.co.uk/sites/womensfitness/files/styles/gallery/public/superman_3.jpg?itok=Lb7FQdXg)

2. **Abdominal Crunches**- Lie on the ball with your shoulder blades firmly on the apex. Walk your feet out until they form a 90° angle with the floor, so that your body forms a bridge. This is your starting position. Hold a light dumbbell or medicine ball and press it directly over your chest. Without lifting your feet off the floor or bending your arms, slowly twist your shoulders and torso to the left until they're roughly parallel to the ground (or as far as you can go without falling over or lifting your feet). Powerfully torque your core, bring the ball back up to center, and complete the same

motion for the right side. Complete 3 sets of 10 for a total of 30 on each side. Gradually increase the weight used as your core gets stronger.



<http://www.leanitup.com/wp-content/uploads/2013/04/Exercise-ball-Russian-twist.jpg>

3. **Pelvic Bridging**- Start with your back flat against the ground and the back of your heels firmly on top of a Swiss ball (A). Dig your heels into the ball and raise your pelvis upward until your body forms a bridge at about a 30 degree angle (B). This is starting position. With your core tight and lower back straight, roll the ball inward, raise your torso to 75°, and push your knees upwards into the air (C). Hold for 1 second at the top, slowly return down to a flat bridge, and repeat.



<http://www.leanitup.com/wp-content/uploads/2013/04/20100615-lose-last-10-pounds-8-600x411.jpg>

#### 4. Planks- Level 1

- a. Front planks: Lie on floor with arms at a 90degree angle; shoulder width apart. Pull your body up onto your toes and forearms, making a plank with your body. Hold for 30 seconds and add 1-5 seconds on daily.



<http://assets3.tribesports.com/system/challenges/images/000/027/397/original/20120921215334-3-minutes-front-plank-7-days.jpg>

- b. Side Planks- Lay on side bracing self between elbow and forearm placed on a 90degree angle.
  - i. Level 1: **Oblique Plank with Scissor legs**. Scissor legs and lift body up onto side (oblique planks) hold for 30 seconds and add 1-5 seconds on daily.



<http://www.sportsedgeacupuncture.com/wp-content/uploads/2015/04/side-plank.jpg>  
<http://www.theptdoctor.com/backstrengthening-exercises/>