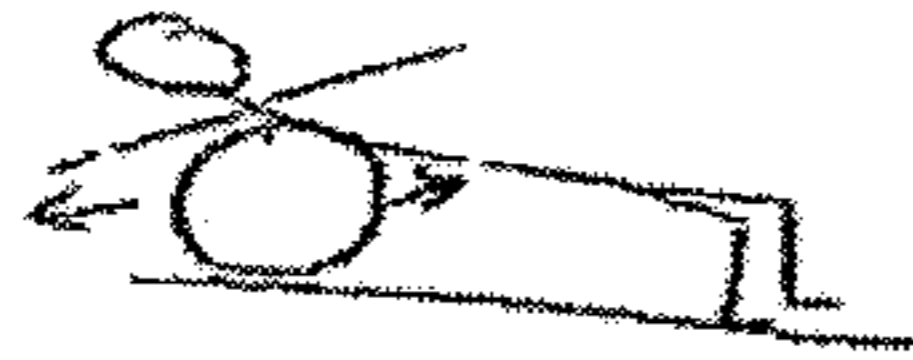


Theraball Sequence – always with the spine in neutral position

1. Lateral Ball Roll x 10-10

Knees bent, feet on floor. Arms extended out from body – roll over ball as far from side to side as possible



2. Crunch x 30

Feet on floor, hands together, arms pointed toward ceiling, lift shoulders to perform crunch



3. Side Sit Ups x 20-20

Feet apart, braced on wall, hands behind head, ball under hip – keeping body perpendicular to the wall and floor, top elbow pointed toward wall, lift torso toward wall



4. Reverse Hyper x 20

Elbows on floor, head down, ball under hips, lift legs together from floor as high as possible (arching back)



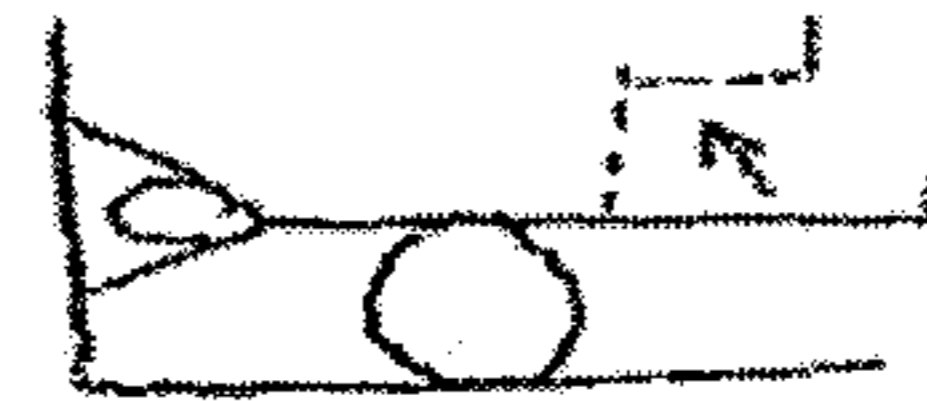
5. Superperson x 10-10

Balancing on ball with arms and legs on floor, alternate lifting left leg/right arm with right leg/left arm



6. Double Leg Hip Extension x 15

Holding onto supports with arms, balance on ball with legs extended – bring knees toward chest to achieve 90 degree angle at knee – extend legs without touching floor



7. Hamstring Curl x 15

Head and shoulders on floor, arms at sides, ball under ankles, body extended – roll ball toward hamstrings, keeping hips up and spine in neutral position



8. Low Ab Leg Raise x 15

Lying on back, place/rest ball between feet and lift legs up keeping back pressed into floor



9. Push Ups x 10

Hands on ball, toes on floor, body extended – complete push up



UP TO 2x PER WEEK  
UP TO 3 ROUNDS