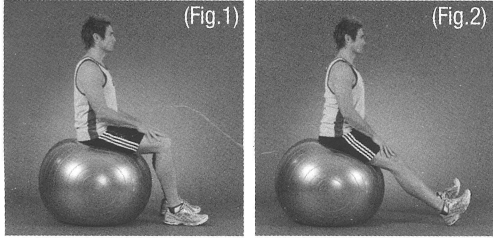


Fitness Ball Exercises

Hamstring Stretch:

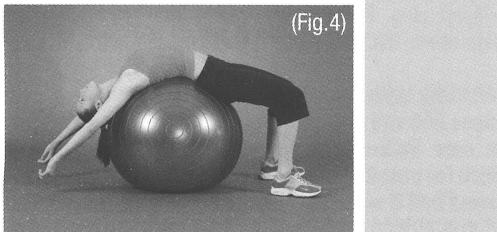
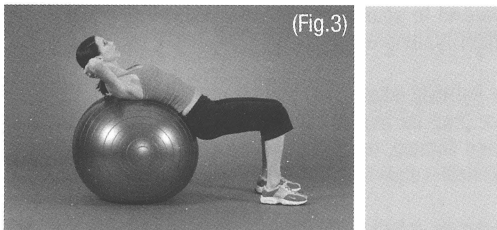
1. Sit on your ball with your feet flat on the floor (Fig.1). Walk your feet forward so that you are sitting on the edge of the ball.
2. Keeping your back straight lean slightly forward. Your hands should be resting on your thighs (Fig.2).



3. Straighten your legs slowly while maintaining the lean. Your toes should be pointing upwards. Be sure to keep your back and chest straight.
4. Hold for 30 seconds and return to start position.

Abdominal Stretch:

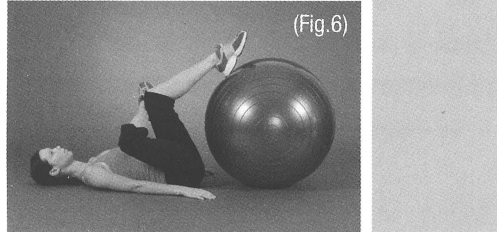
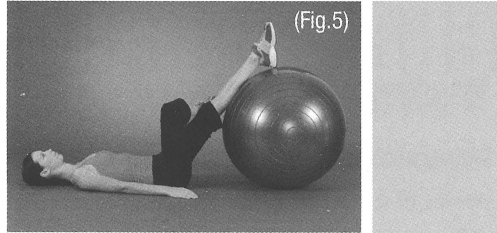
1. Sit on your ball and cross hands over chest. Slowly walk your feet out.
2. Hold your head stable and tighten your abdominal muscles as you walk out.
3. Stop when your back is on the ball. Place hands behind your head. Bend both legs and position feet flat on floor shoulder-width apart (Fig.3).
4. Slowly roll the ball backwards while straightening both your arms and legs. You should feel a gentle stretch throughout your back and abdominals (Fig.4).



5. Hold stretch for 30 seconds then return to start position.

Hip-Stretch

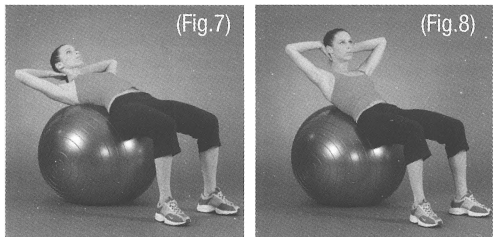
1. Lie flat on the floor with both feet and ankles resting on the ball in front of you. Place arms by your side with palms down.
2. Lift your right foot off the ball and move it slowly down your left leg until your foot and ankle are resting on your left thigh. (Fig. 5)



3. Slowly roll the ball toward you until you feel a gentle stretch through your gluteal and hip muscles (Fig.6).
4. Hold for 30 seconds and then repeat stretch with opposite leg.

Trunk Curl:

1. Sit on your ball and cross hands over chest. Slowly walk your feet out.
2. Hold your head stable and tighten your abdominal muscles as you walk out. Roll out until your back is resting on the ball. Keep your hips lower than your shoulders
3. With knees bent, place feet flat on the ground slightly wider than hip-width apart. Place hands behind your head for support (Fig.7).

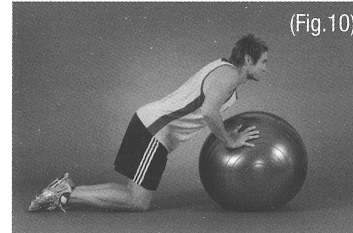
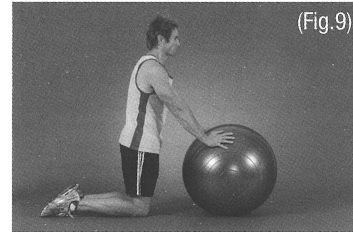


Trunk Curl (continued)

4. Slowly curl your trunk forward allowing your shoulders and upper back to lift up off the ball until you feel contraction in your abdominals. Focus should be on pulling your upper chest toward your pelvis (Fig.8).
5. Hold for 3-5 seconds, then return to start position.

Push-up:

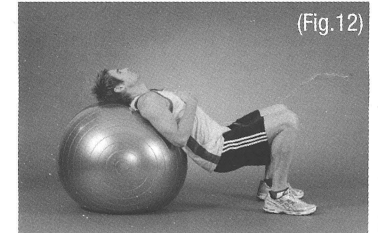
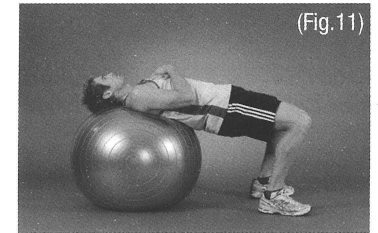
1. Kneel down with your ball placed in front of you. Place your hands on the ball in a comfortable position (Fig.9).
2. Slowly lower your chest toward the ball so that your elbows are at 90 degrees. Prevent your lower back sagging by tightening your mid-section. Pause for 2 -3 seconds (Fig.10).



3. Push against the ball slowly lifting your upper torso away from the ball to return to start position.

Hip Extension:

1. Sit on your ball and cross hands over chest. Slowly walk your feet out.
2. Hold your head stable and tighten your abdominal muscles as you walk out. Roll out until your upper back, shoulders and neck are resting comfortably on the ball. (Fig. 11)
3. Bend both legs to 90 degrees with feet hip-width apart and lower hips toward the floor. Stop just before you touch the floor (Fig.12).
4. To return to start position, press hips upward until hips and shoulders are parallel with the floor. Hold for 3-5 seconds.



Forward Ball Roll:

1. Kneel with the ball in front of you, about 10cm from your thighs (Fig.13).
2. Clasp your hands together and place them on top of the ball.
3. Keeping your body straight, lean forward rolling your forearms onto the ball until your upper arms form roughly 90 degree angles with your body. Keep abdominal muscles tight.
4. Raise your body back up by pressing your forearms down into the ball as you roll the ball back in toward you (Fig.14).

