

Strength Exercises

Supine Bridging



Lying on your back with your knees bent. Lift your buttocks off the floor and straighten your body from your shoulders to knee. Make sure to squeeze your buttocks and stomach to help stay straight. Hold for 1-2 seconds and perform 10-15 repetitions. Make harder by alternating straight legs

Side Bridging



Lying on your side propped on you elbow and other hand on hip, lift your hips off of the floor making your body straight son only your elbow and feet are touching. Lower your hip down and back up again performing 10-15 repetitions and then switch sides. Squeeze your buttocks and stomach to help stay straight. You can support yourself on your knees instead of feet to make it easier at first. To make harder, hold for 20-30 seconds with leg and arm up.

Prone Bridging



Lying on your stomach, Raise your hips off the floor supporting yourself with your elbows and feet only. Keep you buttocks and stomach tight and hold for 15-30 seconds. To make harder hold left arm and right leg up for time and switch sides.



Single Leg Balance

Standing on your left leg close to a support, balance on one leg for up to 30 seconds and repeat with other leg. Then try to stand for up

Strength Exercises



Loading Dock

Standing with feet shoulder width apart, holding a medicine ball or dumbbell, reach down to your right foot and then up and over your left shoulder. Perform 15-20 repetitions and repeat in other direction



Seated Theraball Alt. Knee Lifts

Seated on a theraball and keeping your midsection tight, alternate lifting one knee and then another. Perform 15-20 repetitions with each leg.



Supine Tball Alt Arm and Knee Lift

Lying with your upper body on a theraball, keep your hips and midsection tight. Lift your right knee and left arm. Repeat with the other side and perform 10-15 repetitions each side.



Alternating Arm and Leg Extensions

Lying on a theraball, raise your left arm and right leg out straight, keeping your midsection tight. Hold for 1-2 seconds and repeat with other arm and leg. Perform 10-15 repetitions on each side. Can also perform on your hands and knees.

Push-ups



Vary your pushups each work out, changing hand positions, using medicine ball and theraball to make them more challenging

Strength Exercises



Russian Twists

Lying with your upper back on a theraball, keep your hips up and arms straight up. Rotate your upper body to the right and then to left. Repeat 10-15 repetitions each side.



Theraball Y

With your upper body on a theraball, keep your shoulder blades back and down for entire exercise. Lift arms up with thumbs up, making a Y shape and hold at top for count of 1. Perform 10-15 repetitions.



Theraball L

With your upper body on a theraball, keep your shoulder blades back and down for entire exercise. Keeping elbows at 90 degrees, bring elbows back and then rotate hands forward in line with your head. Hold at top for count of 1. Perform 10-15 repetitions.



Theraball Crunches

Lying with your torso on a theraball and your arms crossed, perform a crunch by contracting your abdominal muscles and lifting your upper body off the ball and lower. Perform 15-20 repetitions.



Banana Rolls

Lying on your stomach with your arms and legs raised out in front of you for a count of 5, then roll on your side with arms and legs off ground and hold for 5, then roll on back with arms and legs off floor and then roll on other side with arms and legs up. Roll through each position 2 times.



Quadruped T Rotation

On your hands and knees, rotate your right arm with thumb up, up and back as far as possible and then back down repeat with left arm. Perform 10-15 repetitions each side.