



Cross Crawl - Seated

Sitting tall on gym ball. With control, raise one knee up while at the same time raising the opposite arm overhead. Lower and repeat with opposite. Maintain an abdominal hollow throughout movement.

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



To Bridge

From a seated position, walk feet forward and let upper body follow ball to roll upper body down and into a bridge position. Knees should be at 90° and hands can rest on thighs or stomach. Upper back and head should be supported by ball. Abdominal hollow and squeeze buttocks to support low back.

Sets:	2
Reps:	12
Weight:	
Hold:	4-6 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Static Sit Up Leg Raise

From a seated position, walk feet forward and roll down ball until the ball fits into the hollow of the low back. Maintaining abdominal hollowing, hold a modified sit up position and raise one leg at a time as if to be marching.

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Supine Bridge

Lying on back with heels on ball and knees straight. Arms 45° at sides with palms up for stability. Press heels into ball and squeeze buttocks to raise pelvis and low back up off floor (keep shoulder blades on floor). Keep ball stable. Hold, then lower pelvis towards floor and repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

