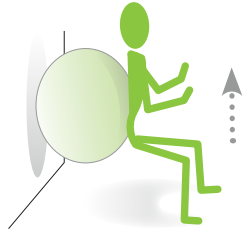


Legs

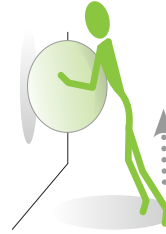
Squat On Wall



- Crouch with back against the ball (against wall), knees at 90° angle, hands behind ears
- Raise yourself up by extending legs and slowly lowering back after a short pause
- Breathe out while raising up, breathe in while returning to starting position

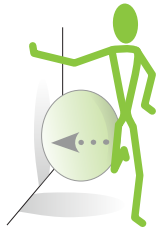
Legs

Calf Raises



- Stand up and lean against the ball itself pressed against the wall in front of your chest
- Raise yourself by standing on your toes, slowly lower yourself back down after a short pause
- Make sure that only the calf muscles are being exercised

Hip Abduction



- With the wall on right side, hold ball up from floor against wall with right thigh, knee bent
- Squeeze ball by pressing leg against it, slowly bring it back after short pause; Alternate sides
- Breathe out while pushing, breathe in while returning to starting position

E Exercise Ball Chart



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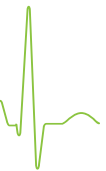
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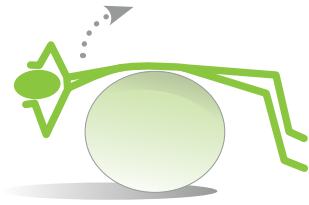
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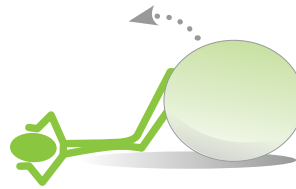
Abdominals

Ball Crunch



- Lie on your lower back on the ball and place your hands behind your ears
- Roll your shoulder blades up, then lower yourself down after a short pause
- Avoid straining your neck by looking straight up instead of at your knees

Reverse Crunch



- Lie on your back with calves and hamstrings pressed against ball, arms spread out
- Squeeze the ball with your legs, roll knees towards chest; Roll back after a short pause
- Avoid straining your neck by looking straight up instead of at your knees

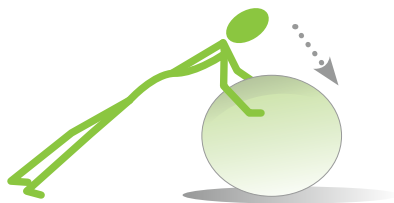
Side Crunch



- Lie on your side against ball, arms across chest, legs extended and feet wide apart for balance
- Raise upper body, then lower it after a short pause; Alternate sides after each set
- Breathe out while contracting ab muscles, breathe in while returning to starting position

Chest

Ball Push-Up



- Lie flat with your hands on top of the ball, legs and back fully extended
- Push up by extending arms, slowly lower yourself back down after a short pause
- Breathe out while pushing up, breathe in while returning to starting position

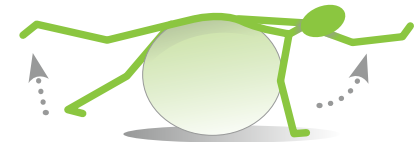
Back

Hyperextension



- Kneel down in front of the ball, belly pressed on top, hands on each side of the ball
- Extend back by extending arms and legs; Return to starting position after a short pause
- Breathe out while extending, breathe in while returning to starting position

Arm-Leg Extension, Alternating



- Lie flat on top of the ball, belly pressed against it; Keep balance with feet and hands on floor
- Extend left arm and right leg out and up, lower them after a short pause; Alternate sides
- Breathe out while extending, breathe in while returning to starting position