

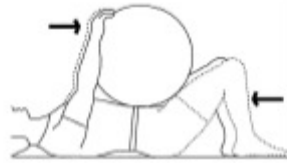
# Basic Exercises

## EXERCISE BALL

An exercise ball is an inexpensive and efficient piece of exercise equipment that makes a great addition to your exercise routine. It can be used for stretching, core stabilization, and strength training. If you are a beginner, start at the top of the page with the most basic exercises, perform them slowly and controlled, and progress to the next when you feel comfortable.

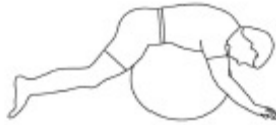


For additional questions, please contact  
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### ISOMETRIC FLOOR CRUNCH

- Lie on back with knees bent holding ball between arms and thighs as shown.
- Press left arm and right thigh into ball.
- Hold for 5 seconds.
- Alternate and repeat.



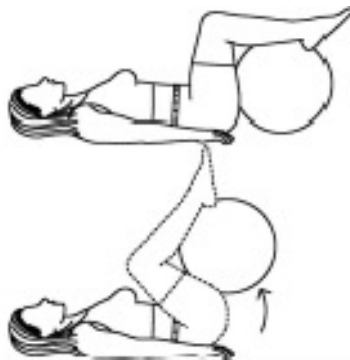
### LUMBAR STRETCH

- Lie face down on ball as shown.
- Keep legs and arms a shoulder distance apart and resting on floor for stability.
- Relax and allow lower and upper back to stretch.



### LUMBAR ROTATION

- Lie on back with legs up on ball as shown.
- Slowly twist at waist, moving ball to left and right.



### REVERSE CRUNCH

- Lie with back on knees bent and legs supported on ball.
- Place arms at sides.
- Bend knees to squeeze ball between lower legs and thighs and lift knees toward chest.
- Return to start position and repeat.



### ABDOMINAL CRUNCH

- Lie on back on ball with ball in small of back and feet flat on floor.
- Keep knees bent at 90 and arms crossed over chest.
- Lift trunk up.
- Lower and repeat.



### BACK EXTENSION

- Lie face down over ball as shown.
- Allow knees to bend.
- Lift trunk upward, straightening back.
- Lower and repeat.