

### General Tips

Discontinue the exercise if proper form cannot be maintained.

STOP the exercise if you feel pain from the position or movement patterns.

Do not hold your breath during the exercise.

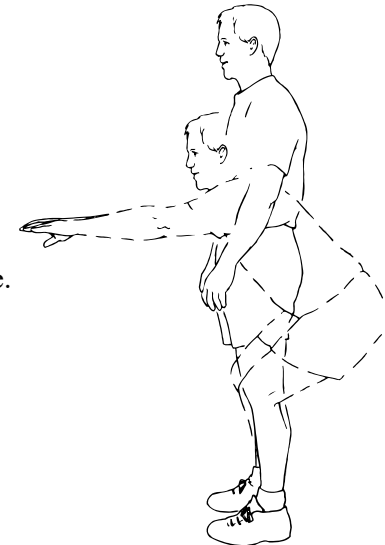
Stabilize the spine throughout each exercise by drawing navel up and in toward spine and holding.

Ensure complete recovery between exercises or sets.

Check all equipment for defects prior to each exercise session.

### LOWER EXTREMITY - 2 Mini Squat: Double Leg

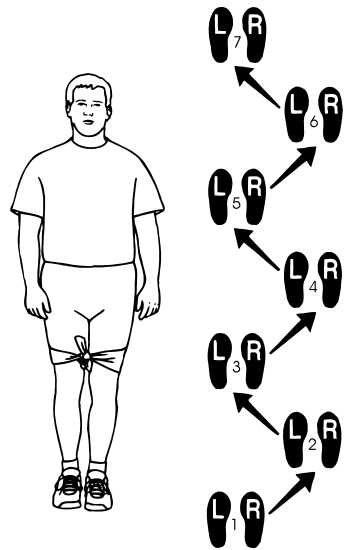
With feet shoulder width apart, reach forward for balance and do a mini squat. Keep knees in line with second toe. Knees do not go past toes.



Do 3 sets of 20 repetitions

### LOWER EXTREMITY - 12 Band Walk: Zig Zag

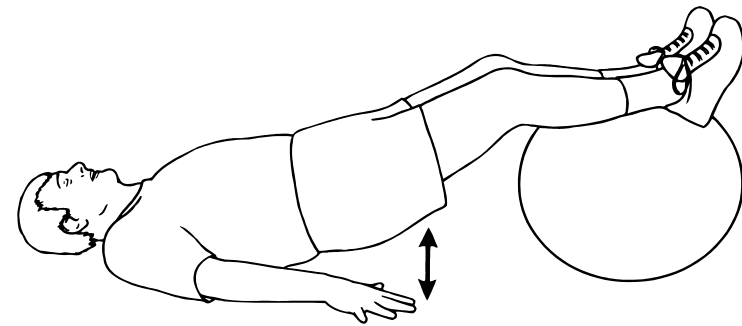
Tie band around legs, just above knees.  
Walk forward 15 feet in a zig zag pattern. Without turning walk backward to start for one zig zag.



Do 3 sets.

*Note: Small towel between band and skin eases rubbing.*

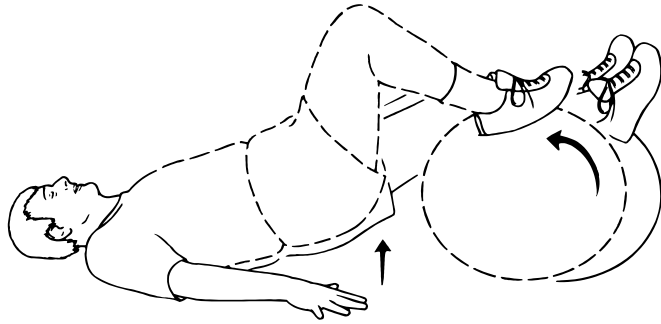
### TRUNK - 15 Gymball: Bridging (Double Leg)



Lie on back, calves on ball. Slowly raise and lower buttocks.

Do 3 sets of 15 repetitions.

TRUNK - 17 Gymball: Hamstring Curl (Double Leg)



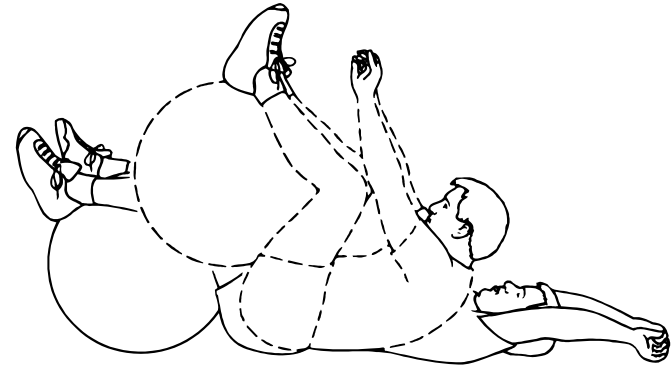
Lie on back, calves on ball, buttocks on floor. Raise buttocks then roll ball toward buttocks.

Repeat 10 times per set.

Lower buttocks to floor between rolls.

Hold buttocks off floor between rolls. Do 3 sets per session.

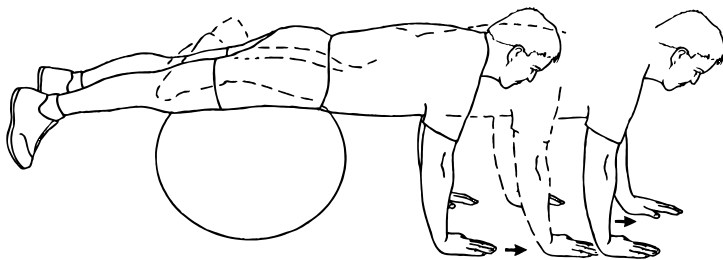
TRUNK - 19 Gymball: V Sit-Up



Lie on back, legs over ball, hands on floor beyond head. Squeeze ball between calves and thighs. Raise ball and hands to meet in the middle.

Do 3 sets of 15 repetitions

UPPER EXTREMITY - 26 Gymball Walkout



Walk-roll out to knees then back.

Do 3 sets of 10 repetitions