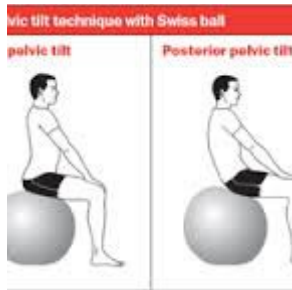


Ball Exercises



Superman

- Remember to relax neck.
 - Gently raise same side hand and leg
 - Thumb should be pointing down, to protect the shoulder
 - Hold for 30-40 sec
 - Repeat with other side
 - Do exercise 4-5 times on each side.
- Then change exercise to:
- Gently raise opposite hand and opposite leg

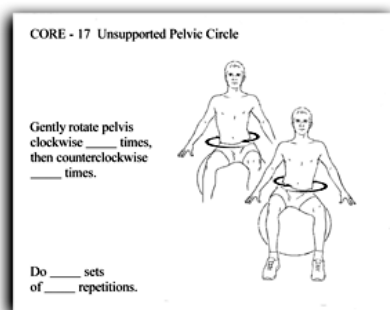


Pelvic Tilt/Side Tilt/Hula

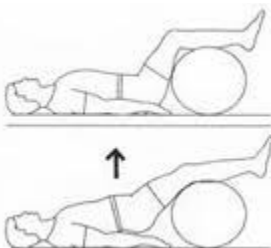
- with slow and controlled movement, slowly move into forward and backward movements.
- Contract all core muscles and try to keep upper body as still as possible
- Continue for 30-40 sec



- with slow and controlled movement, slowly move into side to side movements.
- Contract all core muscles and try to keep upper body as still as possible
- You can rest hands on hips
- Continue for 30-40 sec



- with slow and controlled movement, slowly move to each direction in a clockwise circle
- Contract all core muscles and try to keep upper body as still as possible
- Continue for 30-40 sec
- Reverse direction and continue for 30-40 sec



Bridge

- get into position 1
- Engage core, squeeze glutes and lift body into a straight line
- Hold for 30-40 sec
- Repeat 8-10 times