

LOWER BACK CARE WITH G BALL FITNESS™

Reps. _____
Hold _____

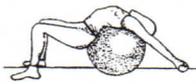
Hip Circles



Sit on the ball. Using your hips, make large circular movements in a clockwise, then counter clockwise direction.

Reps. _____
Hold _____

The Arch



Lie face up on the ball. Slowly lower your buttocks to the ground. Then slowly push with your feet rolling your body over the ball so that your arms reach towards the floor.

Reps. _____
Hold _____

Side Stretch



Kneel with your hip against the ball. Push on your foot, straighten your leg and at the same time roll and extend your body over the ball.

Reps. _____
Hold _____

Lying Knee Rotations



Lie on the floor on your back. Slowly rotate your hips to the right and then to the left side.

Reps. _____
Hold _____

Crossed Legs Forward Roll



Sit on the floor behind the ball. Cross your legs. With both hands on top of the ball roll the ball forward.

Reps. _____
Hold _____

The Relaxer



Kneel behind the ball. Roll over the ball on to your hands. Then roll back on to your toes.

Reps. _____
Hold _____

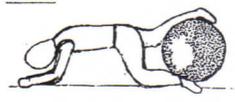
Lying Hamstring



Lie on the floor facing a wall. Place the ball by the wall and your heel on it. Bend your other leg. Then roll the ball up the wall.

Reps. _____
Hold _____

Quadriped/Hip Flexor



Kneel on the floor in front of the ball. Place one foot on the ball. Lean backward and at the same time extend your leg back.

Reps. _____
Sets _____
Hold _____

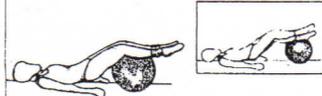
Wall Squat/
Wall Sit



B-Place the ball between a wall and the small of your lower back. Bend your knees and lower your body to approximately 60°. **I**-Lower to 80°. **A**-Hold the 80° squat position. **MA**-Hold the 80° squat position with a small ball between your knees.

Reps. _____
Sets _____

Hip Lift



B-Lie on the floor on your back. Lift your buttocks off the floor about 6" - 8". **I**-Place the ball under your calf's and repeat as above. **A**-Cross your arms over your chest and repeat as above. **MA**-Cross your legs and lift your buttocks off the floor.

Reps. _____
Sets _____

Dig and Pull



B-Lie on the floor on your back. Dig your heels into the ball and pull towards your buttocks. **I**-Lift your buttocks and hips off the floor and repeat as above. **A**-Cross your arms over your chest and repeat as above. **MA**-Dig and pull with one leg only.

Reps. _____
Hold _____

Ball Squeeze



B-Lie on the floor on your back. Place the ball between the inside of your legs and a wall. Squeeze the ball. **I**-Place the ball between both of your knees only. Squeeze the ball.

Reps. _____
Hold _____

Ball Squeeze



A-Lie on the floor on your back. Lift your legs to form a right angle with the ball between your knees. Squeeze the ball. **MA**-Straighten your legs with the ball between both feet. Squeeze the ball.

Reps. _____
Hold _____

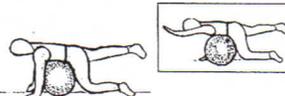
Pelvic Raise



B-Lie on top of a ball. Hips (parallel to the floor). Squeeze your buttocks and release slowly. **I**-With hips lower than upper body, squeeze your buttocks and lift up. **A**-Place a small ball between your knees. Repeat as above. **MA**-As above lift up on toes.

Reps. _____
Sets _____

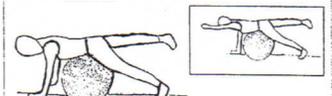
Over The Ball Extensions



B-Kneel over the ball and place your hands on the floor. Extend one leg back. **I**-Kneel over the ball. Extend one leg back and one arm forward.

Reps. _____
Sets _____

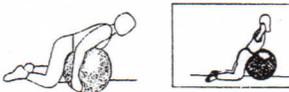
Over The Ball Extensions



A-Lie over the ball. Place your hands on the floor. Keep one foot on the floor and lift one leg up. **MA**-Lie over the ball. Lift one leg up and lift the opposite arm forward.

Reps. _____
Sets _____

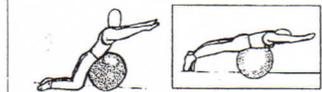
Back Extension



B-Lie over the ball. Wrap your arms around the ball. Slowly raise your torso away from the ball. **I**-Clasp your hands behind your head. Slowly raise your torso away from the ball.

Reps. _____
Sets _____

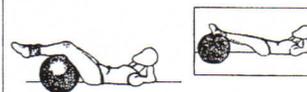
Back Extension



A-Lie over the ball. Place your arms out straight. Slowly raise your torso away from the ball. **MA**-Push up on your toes and at the same time extend your arms out straight.

Reps. _____
Sets _____

Ball Curl Up



B-Lie on the floor on your back. Place the ball under your knees. Cross your arms over your chest or place them gently behind your head. Raise your head and shoulders off the floor. **I**-Place the ball under your ankles and repeat as above.

Reps. _____
Sets _____

Ball Curl Up



A-Lie on top of the ball. Position your hips lower than your upper body. Raise your shoulders and upper back off of the ball. **MA**-Walk yourself back on the ball (hips parallel with your upper body) and raise up off of the ball.

Reps. _____
Sets _____

Ball Curl Down



B-Sit slightly forward on a ball. Place your toes against a wall. Roll yourself back down on the ball. **I**-As above with a small weight in your hands. **A**-perform level **B** without a wall. **MA**-perform level **L** without a wall.

Reps. _____
Sets _____

Ball Side Raise



B-Kneel with your hip against a ball. Place your foot against a wall, with one hand on the ball and one hand by your head. Lift your body away from the ball. **I**-Take your foot away from the wall. Lift your body away from the ball.

Reps. _____
Sets _____

Ball Side Raise



A-Place your foot against a wall, with both hands by your head. Lift your body away from the ball. **MA**-Take your foot away from the wall. Lift your body away from the ball.

B-Beginner
I-Intermediate
A-Advanced
MA-More Advanced

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