

# Active Health Solutions

## Prone Track on Ball



Make sure you...

- Maintain neutral pelvis
- Maintain abdominal bracing/kegel
- BREATHE
- Drop down to an easier step if you cannot maintain proper form.
- Do the exercise slowly
- STOP if pain is aggravated, but muscle burn is OK
- Avoid chin poking

	Repetitions
	Sets
	Second Hold
	Times per day/week



**1. Alternating Bird Dog.** Alternate arm/leg exercises over the stability ball. Start with arms alone, then alternating combined with leg movements. Raise one arm and opposite leg, squeezing the buttocks as leg lifts off the floor. Return to start and repeat on the opposite side.



**2. Ball Walk Out/ Push up.** Let ball roll as arms and legs straighten. Extend spine as far as is comfortable. Press hips into ball squeezing buttocks and tightening abdominals. Slowly lower to starting position.



**3. Superman.** Prone on Ball with feet against the wall, arms at side. Adopt neutral pelvis and then extend the trunk by pushing off from wall and straightening back, eventually extending arms overhead.