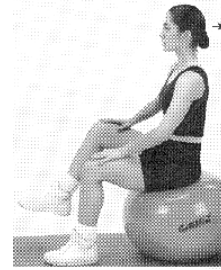
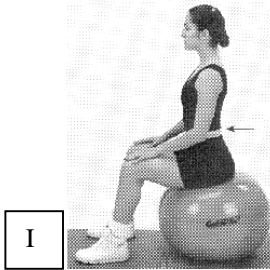
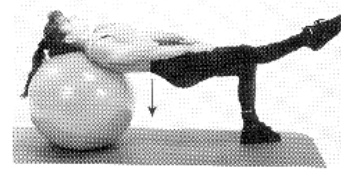
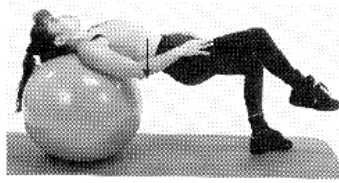
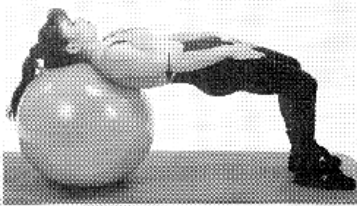


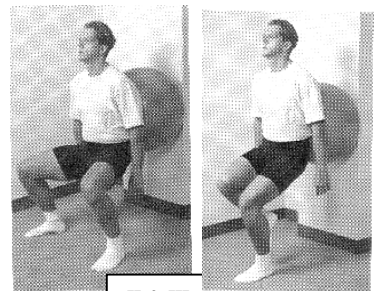
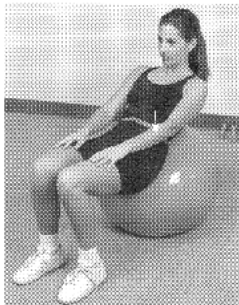
# Lumbar/Core Strengthening Exercises – Gym Ball



1. **Forward Pelvic Tilt & Backward Pelvic Tilt** Level I = 3min; Level II = PPT w/ single leg raise, 3 min; Level III=II + roll back

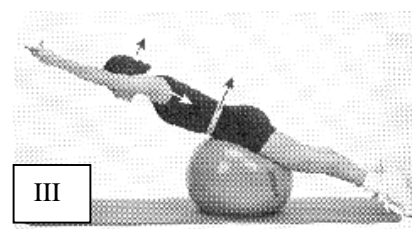
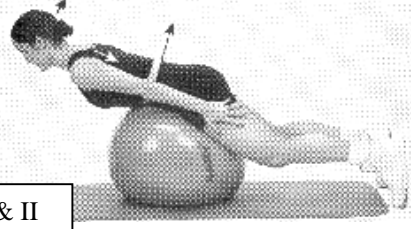
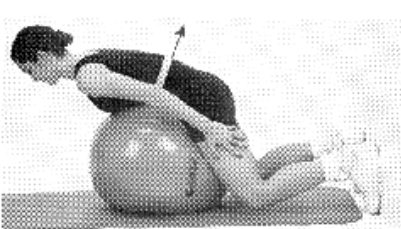


2. **Bridge** (Level I = from sitting, roll back into bridge, 3 min.; II = ½ sit-up w/ a march, 3 min.; III = w/ leg extended 10 sec./leg

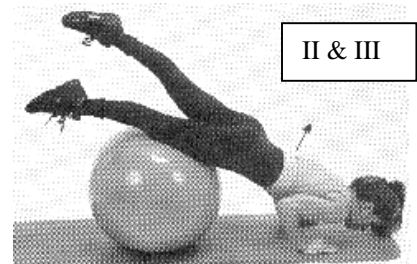
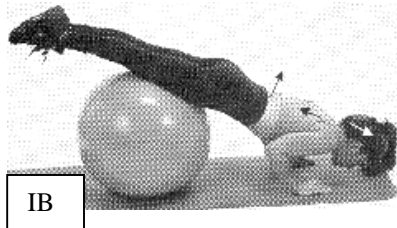
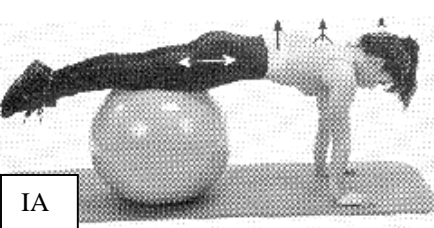


3. **Sit-back** Level I = ½ sit-back 15 sec/1 min.  
Level II= “ w/ 10# wts 30 sec/2 min  
Level III = “ “ 30 sec/3 min. or catch

4. **Wall Squats** Level I = flex knees to 45°, 15 sec/1 min  
Level II = knees to 90°, 15 sec/1 min;  
Level III = knees to 90°, 10# or, 1 leg 15 sec/1 min



5. **“Superman”** (I = posterior pelv. tilt, then extend trunk by pushing off from wall w/ feet, 15 sec/4 reps; II same w/ 30 sec/4 reps; III = same as I & II but w/ arms extended overhead 30 sec/4 reps



6. **“See-Saw”** Level I = Do Push-up (A & B above) 30 sec.; II = Raise alternate legs, 5 sec/1 min.; III = II @ 10 sec/2 min.