



Prone Alternating UE Extension on Physioball

Starting position:

A push up position with the ball under your hips and your arms extended to the floor.

Movement:

Keeping your back straight, tighten your core and extend one arm up into the air. Return to starting position and repeat with other arm.

Perform ___ Reps ___ Sets ___ Times a day



Prone Alternating LE Extension on Physioball

Starting position:

A push up position with the ball under your hips and your arms extended to the floor.

Movement:

Keeping your back straight, tighten your core, squeeze your buttocks and extend one leg up into the air. Return to starting position and repeat with other leg.

Perform ___ Reps ___ Sets ___ Times a day



Prone alternating UE/LE extension on physioball

Starting position:

A push up position with the ball under your hips and your arms extended to the floor.

Movement:

Keeping your back straight, tighten your core, squeeze your buttocks and extend one leg and the opposite arm up into the air. Return to starting position and repeat with other leg and arm.

Perform ___ Reps ___ Sets ___ Times a day