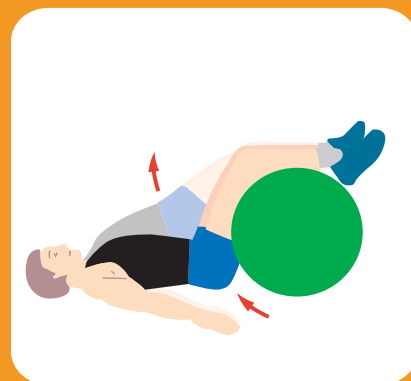


Supine Hip Extensions

Starting: Supine with elevated legs. Hands are resting on the floor at your sides or crossed over your chest. The ball is supported under flexed knees.

Execution: Slowly extend your hips, lifting them off the floor until fully extended. Pause at the top of the movement and slowly return to start.

Technique Tips: Your weight is supported across the shoulders. Avoid pressing the cervical spine to the floor. Initially press your arms down against the floor to assist with balance and stabilisation. After becoming more skilled, perform the exercise without using your arms. Maintain neutral posture in the lumbar and cervical spine throughout. Avoid pushing up with momentum or excessively arching your back.

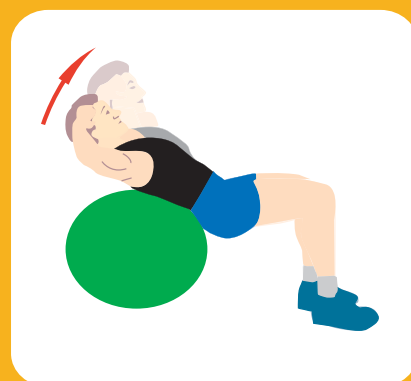


Supine Trunk Curl

Starting: Supine incline position with arms crossed over the chest or fists placed at your temples.

Execution: Slowly curl your trunk, letting your shoulders and upper back lift off the ball. Return slowly to starting position and neutral posture.

Technique Tips: Curl your trunk by pulling the bottom of your ribcage down toward your hips. Avoid pulling on the head or neck. Return to neutral posture between reps.

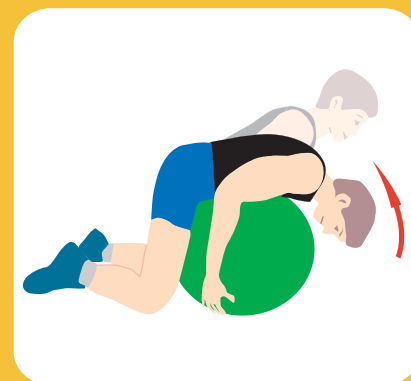


Prone Trunk Extension

Starting: Prone with trunk support. Your arms at your sides or wrapped around the ball. Flex your spine slightly so your trunk is over the ball.

Execution: Slowly extend the spine, lifting your chest slightly off the ball until the spine is straight or slightly extended. Return slowly to starting position.

Technique Tips: Lift the chest using the spinal extensors. Don't use your arms. The neck should remain in neutral position. To find and maintain neutral cervical position, place one fist under your chin, and perform the exercise without lifting your chin off the fist. Avoid excessive hyperextension of spine.



Side Lying Lateral Flexion

Starting: Sidelying position with bent leg. Place the fist of your bottom arm at your temple, and lightly rest the top arm on the front of the ball.

Execution: Laterally flex and lift the trunk slowly, pulling the ribcage down toward the hip. Pause at the top of the movement, and slowly return to starting position.

Technique Tips: Maintain neutral alignment of the hips, not allowing the top hip to roll front or back. Avoid laterally flexing the cervical spine or letting the head tip to the side. Let the supporting arm assist with balance, but avoid pushing the body up with the arm. As you laterally flex, press the bottom hip and side of the torso into the ball for added stabilisation.

