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Sample

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Exercise	Reps	Sets	Tempo	Rest
Wall Squat with SB	15	1	controlled	N/A
Tuck Jump	5	1	Explosive	N/A
Bent Over DB Row	10	2	Controlled	1 min
Push Ups Knees on SB	10	1	Controlled	N/A
Ab Crunch on SB	30	2	slow	1 min

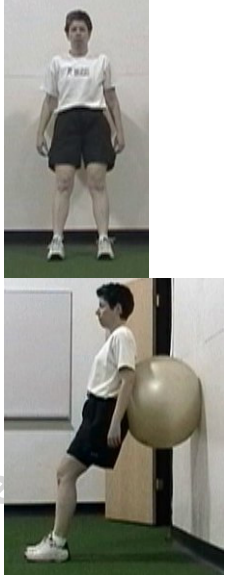
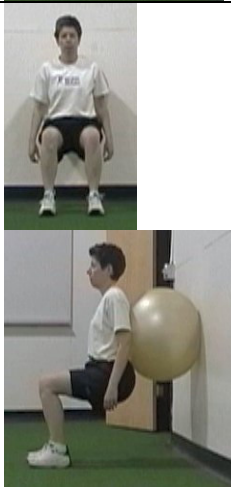
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WALL SQUAT WITH STABILITY BALL

<p>Preparation</p>	<p>Position ball in the small of the back and lean it against the wall behind you.</p> <p>Spread feet shoulder width apart and forward of knees.</p>	
<p>Movement</p>	<p>Lower hips towards floor until thighs are parallel to floor (if tolerated. Stay in a pain free range of motion).</p> <p>Keep knees tracking over toes.</p> <p>Return to starting position, then repeat for desired number of reps.</p>	
<p>Variations</p>		

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TUCK JUMP

<p>Preparation</p>	<p>Stand in an athletic ready stance with feet hip width apart, abdominals engaged, and torso up.</p>	
<p>Movement</p>	<p>Explosively jump straight up in the air.</p> <p>Keeping torso erect, pull knees up toward chest.</p> <p>Land "quietly" making sure that knees are aligned over toes and shock is absorbed by bending knees, hips and ankles (not spine).</p> <p>Maintain erect torso and neutral spine throughout exercise.</p>	  <p style="text-align: center;">Alternate views of landing.</p>
<p>Variations</p>		

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BENT OVER DUMB BELL ROW

<p>Preparation</p>	<p>With one hand on a bench & feet hip width apart, get into proper spinal alignment (neutral spine, neck, and head).</p> <p>Grasp dumbbell in free hand.</p>	
<p>Movement</p>	<p>From the start position, engage abdominals to brace spine.</p> <p>Maintaining optimal spinal alignment, pull elbow up to the rib cage.</p> <p>Slowly lower dumbbell.</p> <p>Initiate movement from posterior shoulder girdle rather than arm.</p> <p>Do not round back.</p>	
<p>Variations</p>	<p>Progression: both arms simultaneously, 1 foot, alternating arms.</p>	

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PUSH UP WITH KNEES ON STABILITY BALL

<p>Preparation</p>	<p>Kneel in front of stability ball, laying over it on your stomach.</p> <p>Walk your hands out in front of the ball until your knees are on the ball.</p> <p>Activate abdominals to brace spine.</p> <p>Make sure that you maintain proper body alignment throughout the exercise. Do not allow low back to sag.</p>	
<p>Movement</p>	<p>Keeping your body in the plank position, lower your chest towards the floor.</p> <p>Upon reaching the floor press your body back up to the starting position.</p> <p>Stop performing the exercise as soon as any compensation is noticed.</p>	
<p>Variations</p>	<p>Progressions: feet on the ball, one leg on ball, hands on balance board.</p>	

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ABDOMINAL CRUNCH ON STABILITY BALL

<p>Preparation</p>	<p>From a seated position, slowly walk feet forward and roll down the ball until it is positioned comfortably at lower back.</p> <p>Keep feet pointing straight ahead. Feel placed close together will be more unstable (more challenging), while feet wider apart will be more stable.</p> <p>Intensity will vary depending on placement of hands: arms forward will be easiest, followed by arms across chest, hands by side of head, arms straight overhead. Do not hold and carry the head!</p>	 <p>Hands by ears</p>  <p>Arms Overhead</p>
<p>Movement</p>	<p>Draw your lower abdomen inward toward your spine before initiating the movement.</p> <p>While maintaining the draw-in maneuver, curl the entire spine as if squeezing an accordion. Exhale as you curl.</p> <p>While still maintaining the draw-in maneuver, lower slowly as far as you can control.</p> <p>Stabilize the neck and pelvis. The chin should be tucked toward the chest throughout the movement.</p> <p>Avoid thrusting the body forward and also control your lowering movement.</p> <p>The ball should not move during the exercise.</p>	 
<p>Variations</p>	<p>Easier: Incline ab crunch - the closer the buttocks are to the floor, the less load on the abs and more load on the legs for stabilization. You can vary the degree of incline by re-positioning the body.</p>	