

### VIII. BRIDGING BOTH FEET ON THE BALL

Keeping abdominal muscles tight, slowly lift your hips off the floor (Squeezing the butt muscles) until body is in straight line.

STEP 1  
"Starting Position"



STEP 2  
"Lift your pelvis up"



### IX. ABDOMINAL CRUNCH

Lie on the ball with your knees bent to 90° so that the arch of your back is supported. Take a deep breath and release while raising your upper body by squeezing your abs and lifting your shoulders off the ball. Hold it for 5 seconds and repeat 10x each day.

STEP 1 "Both hands rested on your lap"      STEP 2 "Both hands on your nape"



### X. BACK EXTENSION

Rest comfortably with your pelvis & stomach on the ball. Position your arms by your side & palms facing down. Then lift your shoulders off the ball. Hold it for 5 seconds and repeat 10x each day.

STEP 1



STEP 2



### XI. BUTTOCKS LIFTING

Lie on the ball with the head, neck & shoulders supported, knees bent and body in a table-top position. Lower the hips towards the floor without rolling on the ball. Squeeze the buttocks muscle to raise hips until body is in straight line like a bridge. Hold weights on the hips for added intensity & make sure you press through the heels & not the toes. Hold for 3-5 seconds, repeat 5-10 times.

STEP 1  
"Starting position"



STEP 2  
"Lift your buttocks up"



These exercises should be done carefully and slowly. Each stage should be monitored by your chiropractor or physiotherapist, who should be told of any adverse reactions.

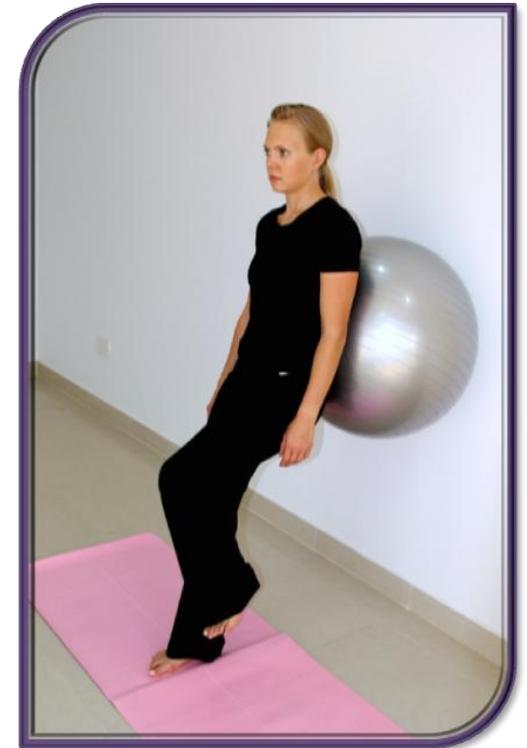
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## CORE STABILITY EXERCISES



## 2. INTERMEDIATE

## I. SINGLE LEG SQUAT

Stand on one leg, ball in between the wall and your back at belt level, slowly bend your leg and let the ball roll up your spine as you go down. Make sure you're in stable position.

STEP 1  
"Starting Position"



STEP 2  
"Slowly slide down"



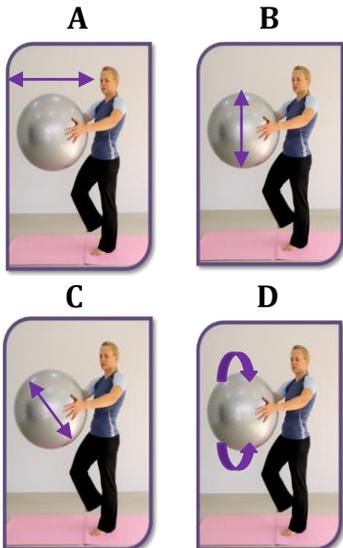
## II. SINGLE LEG TRUNK MOBILITY

Stand on one leg, hold the ball away from your body and move the ball in all directions (side to side, up and down, diagonally, and rotation).

STEP 1  
"Starting Position"



STEP 2  
"Move in any directions"



## III. SINGLE LEG BRIDGING

Lie flat on the floor, and then slowly lift your hips and one leg off the floor with knees slightly bent. Repeat to the opposite side.

STEP 1  
"Starting Position"



STEP 2  
"Lift your one leg upward"



## IV. PRONE ABDOMINAL ISOMETRIC

Lie on your chest and rest your weight on both elbows and feet, stay in this position for 1 minute and breathe.

STEP 1  
"Starting Position"



STEP 2



## V. LATERAL TRUNK RAISE

Lie on your side. Lift your body off the floor while resting on one elbow and on your feet. Keep straight your back and hold it for 10-15 seconds.

STEP 1



STEP 2



## VI. PRONE PUSH-UP WITH BILATERAL KNEES

Place the exercise ball in the corner of a wall and make sure that it is stable. Then position yourself facing the ball with both knees bent and placed your hands on top in a comfortable distance. Push your shoulder down and up.



STEP 1  
"Starting Position"



STEP 2 →

## VII. PRONE PUSH-UP & LEGS ON THE BALL

Stand facing the ball with both legs far apart. Then bend forward holding the ball with knees slightly bent. Take a deep breath and start to roll forward until your legs are rested on the ball, and start the push-up.

STEP 1  
"Starting Position"



STEP 2  
"Roll forward"



STEP 3  
"Legs rested on the ball"



STEP 4  
"Start the push-up"

