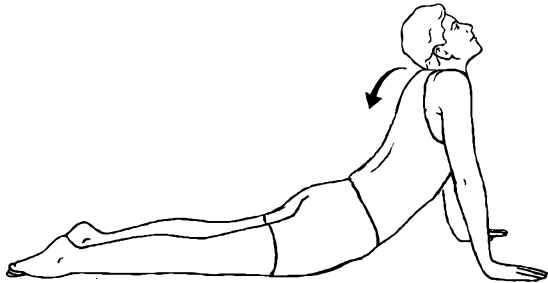


CHEST AND ABDOMEN - 2 Abdominals



Push upper torso back with arms until stretch is felt, and hold. Tilt head as far back as possible. Hold 10-20 seconds.
Repeat 5 times. Do 1 sessions per day.

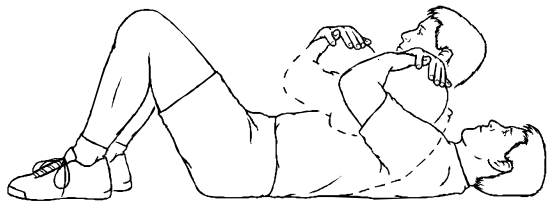
CHEST AND ABDOMEN - 1 Abdominals (Mild)



With hands in small of back, arch back until stretch is felt. Hold 10-20 seconds.

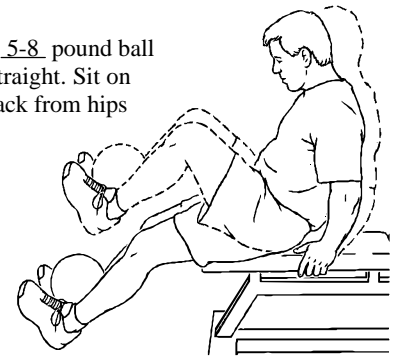
Repeat 5 times.
Do 1 sessions per day.

TRUNK - 12 Sit-Up



Cross arms on chest over a 5-8 pound ball. Perform a sit-up.
Repeat 36 times. Rest seconds after set.
Do 2-3 sets per session.

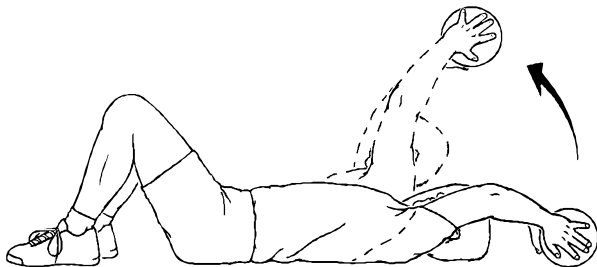
TRUNK - 17 Reverse Curl (V Sitting on Bench)



Sit on bench, holding 5-8 pound ball between feet, knees straight. Sit on edge of bench, lean back from hips and hold. Lift knees toward chest.

Repeat 36 times.
Rest seconds after set.
Do 2-3 sets per session.

TRUNK - 13 Sit-Up (Over Head)



Hold a 5-8 pound ball beyond head. Perform a sit-up.
Repeat 24 times. Rest seconds after set.
Do 2-3 sets per session.

TRUNK - 25 Leg Lift (Supine)



Lie on back, holding a 5-8 pound ball between feet. Lift legs and ball off floor.
Repeat 18 times. Rest seconds after set.
Do 2-3 sets per session.