

**Notes:** info@bluehillspt.com

**1- Swiss ball bridge** - Sets:2 / Repetition:10



Start on your back with your feet on a Swiss ball. Your head should stay relaxed on the ground. Lift your hips off the ground until your body form a straight line from your shoulders to your feet. Lower your hips on the floor and repeat.

**2- Hamstring curl on ball** - Sets:2 / Repetition:10



Lie on your back with your legs straight and your ankles on a ball. Lift your hips off the ground so your legs and torso are in a straight line. Use the legs to roll the ball towards your buttocks by bending the knee without lifting or lowering your hips. Then, roll the ball back to the starting position by straightening your knees. To progress, lift your elbows off the ground.

**3- Lumbar extension and rotation** - Sets:2 / Repetition:10



Lie on your stomach on a ball with your chin tucked in, your arms cross on your chest and your feet against a wall. Maintain a steady abdominal breathing while you lift your upper body and rotate your shoulders to one side, keeping your chin tucked in. Return to the initial position and repeat on the other side.

**4- Superman stabilization, ball** - Sets:2 / Repetition:10



Lie with your stomach over a ball while stabilizing yourself with your feet and arms. Your back must be straight, but not arched and your chin must be tucked in. Activate your lower abdominals (transversus abdomini). Maintain a steady abdominal breathing while you lift one foot off the floor and then the opposite arm, keeping your back in neutral position. Return to the initial position and repeat with the opposite arm and leg. Your back must stay straight and stable at all times.

**5- Contralateral extension** - Sets:2 / Repetition:10



Lie on your stomach with your chin tucked in and your arms and legs stretched out making your body as long as possible. Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction. Maintain a steady abdominal breathing while you lift one arm and opposite leg up towards the ceiling keeping your chin tucked in. Return and repeat with the other arm and opposite leg.

**6- Strengthening extension** - Sets:2 / Repetition:10



Lie face down on a mat with your arms behind your head and your chin tucked in.  
Lift your upper body up by pulling your shoulder blades together without lifting your feet.  
Return to the starting position and repeat.

**7- Bird dog** - Sets:2 / Repetition:10



Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders. Your back is in a neutral position (slightly arched) and your chin must be tucked in.  
Tighten slightly your abdominals, lumbar muscles and pelvic floor muscles then lift one arm and the opposite leg without allowing the trunk or pelvis to move or rotate.  
Try to grab something far away in front of you with your hand and touch an imaginary wall far behind you with your foot instead of just lifting them up.  
Lower your leg and arm back to the floor and repeat with the other leg and the opposite arm.

**8- Glute bridge**



Lie on your back with your knees bent.  
Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs.  
Slowly return to the initial position and repeat.

**9- Eccentric hamstring curl** - Sets:2 / Repetition:10



Start by laying on your back with your feet and knees hip width apart and heels on individual paper plates or a sliding disk. Squeeze your glutes to lift up the hips. Do not arch any higher through your low back. Get steady in bridge position and then slowly release your heels out into a straight leg position. Keep your glutes engaged and let the hips fall naturally in line with the legs straightening.

**10- Reaching (2 arms) straight leg deadlift on 1 leg** - Sets:2 / Repetition:10



Stand on one leg, chest out and shoulders back.  
Hinge at the hips, keeping your spine neutral, while reaching forward with both arms.  
Hinge as far as possible until you feel a tension in your hamstrings of the support leg.  
Return to the standing position using your glutes and hamstrings to lift you up.