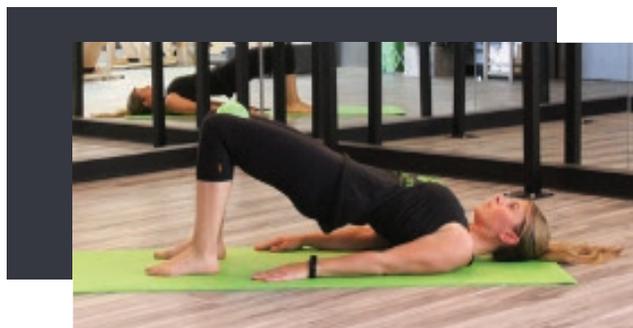


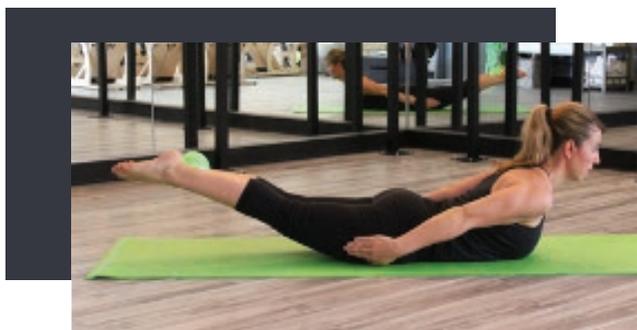


**Abs:** Lying on the floor, place the Bodhi Ball between ankles and extend legs to 45 degree angle, using your upper abdominals, lift into a chest lift, hold for 60 seconds

\*Modification-if you have low back issues, place the Bodhi Ball above your knees and keep your legs bent with your knee over your hip and shins parallel to the ground

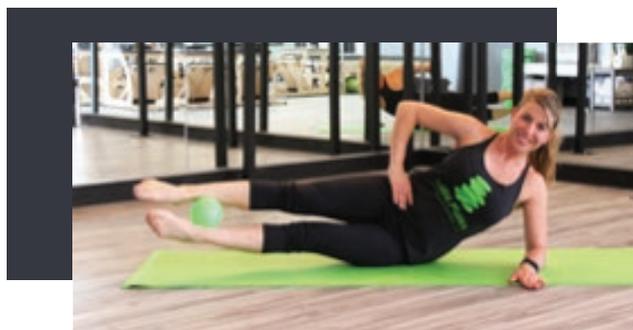


**Glutes:** Lying on the floor, bend your knees and place feet on the floor, place your Bodhi Ball between your knees, then tuck your pelvis (push your low back into the floor), squeeze your glutes and roll your hips off the floor, trying to peel your spine off the mat, one vertebra at a time. Lift as high as you can but stay tucked, then squeeze your sits bones together, clenching your glutes, squeeze and release with hips lifted in the air for 60 seconds.



**Back:** Lying on the floor, on your stomach, place the Bodhi Ball between your ankles, place hands next to your hips, lift and lower the legs for 60 seconds. To make it more challenging, lift head, neck and chest off the mat to engage mid and low back extensors.

\*If you have low back pain or you have been advised to avoid back extension exercises, do not incorporate this exercise. Instead repeat the first exercise for 60 additional seconds.



**Obliques:** Lying on your side, place the Bodhi Ball between your ankles, lift to your forearm, engaging your lat and oblique muscles on the side of the body closest to the floor (avoid collapsing into your shoulder). Lift your legs off the floor—this is your start and stop position—then lift from your oblique's, feeling like you are trying to close the space between your rib and hip on the side of your body not on the floor (think side crunch), lift and lower for 30 seconds, roll over and repeat on the other side.

\*Modification-if you have shoulder issues or a difficult time utilizing your lat muscle, lay down and extend your arm under your head.



**Hamstrings:** Place forearms on the backside of a chair, and place the Bodhi Ball between your calf and thigh, lift leg with Bodhi Ball. To make this exercise more challenging, squat and lift the heel of the standing leg. Keeping the upper half of the moving leg still, press heel into the body, squeezing the Bodhi Ball. Pulse into the ball for 60 seconds, but don't release the pulse, instead, think about just pressing harder into the Bodhi Ball so the Ball does not fall to the ground.



**Inner Thighs:** Hold onto the backside of a chair, and place the Bodhi Ball between your knees, squat as low as you can (to make it more challenging, you can also lift your heels), then squeeze into the Ball and release, repeat pulses for 60 seconds.

\*Modification-if you have knee pain in a squat, sit on a chair, place the Bodhi Ball between your inner thighs and squeeze for 60 seconds.