

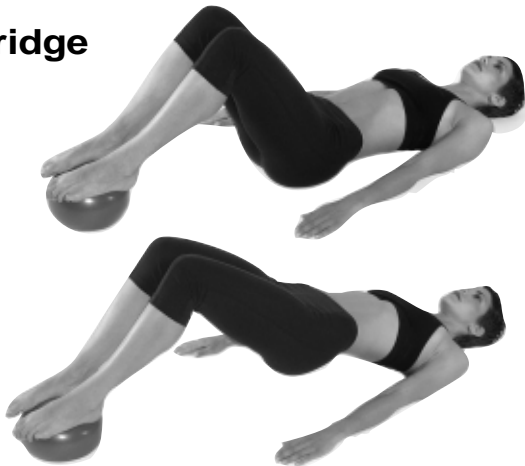
## Back Extension



**Start:** Lie on stomach with legs straight on the floor. Hold ball with both hands, bend arms and position ball on back of neck with elbows on the floor.

**Finish:** Slowly lift chest, shoulders, and head off floor while squeezing shoulder blades together. Keep chin tucked with hips, legs, and feet stationary on the floor. Hold 1-2 seconds and return to start position.

## Bridge



**Start:** Lie on back, position ball under feet and bend legs to approximately a 90-degree angle. Position hips, trunk, and shoulders on the floor with arms positioned along sides of body.

**Finish:** Slowly lift hips and buttocks upward until knees, hips, and shoulders are aligned. Keep back straight and shoulders and head stationary on the floor. Hold 1-2 seconds and return to start position.

## EXERCISE INSTRUCTIONS

- Always perform general warm-up activities prior to performing Sponge Ball exercises.
- Perform exercises in a slow and controlled manner.
- Avoid straining or holding breath while exercising.
- Keep abdominal muscles tight while performing exercises.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- If unable to complete (8) exercise repetitions through a full range of motion, increase rest time between exercise sets.

### -OR-

- If unable to achieve moderate to maximal muscular fatigue following the completion of (12) exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a maximum of 2-3 times per week.
- Allow 24-48 hours of complete rest between each Sponge Ball exercise session.

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# SPRI®

## SPONGE BALL INSTRUCTION SHEET

*Developed by Greg Niederlander, M.S.*

### IMPORTANT!

*Please read the instructions below prior to using the Sponge Ball!*

- Before each use, check the exercise area and your clothing for sharp objects that may puncture or damage the ball. Check the ball for gouges, holes or deep scratches.
- Do not use the ball on abrasive surfaces.
- Avoid exposing the ball to excessive sunlight or heat.
- Do not allow the ball to come in contact with newspaper, photocopies, or other materials printed with black ink. The ink may permanently mark the ball.
- The ball can be cleaned with a soft cloth and warm, soapy water. Do not use harsh, abrasive chemical cleaners that may scratch the ball.
- The ball is not a toy. Perform only the exercises as shown on this sheet or other SPRI® produced instructional resources.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

## Crunch

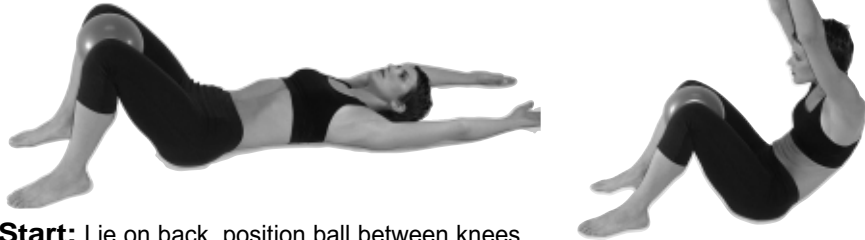
### Start:

Lie on back, position ball between knees, bend and lift legs with lower legs parallel to the floor, and knees directly above hips. Extend arms along sides of body on the floor and pull abdominal muscles inward.

**Finish:** Squeeze ball, slowly curl body upward and lift shoulders off floor while reaching forward with hands. Keep abdominal muscles tight and legs stationary. Hold 1-2 seconds and slowly return to start position.



## Full Roll Up



**Start:** Lie on back, position ball between knees, bend legs and position feet flat on the floor hip width apart. Extend arms above head on the floor and pull abdominal muscles inward.

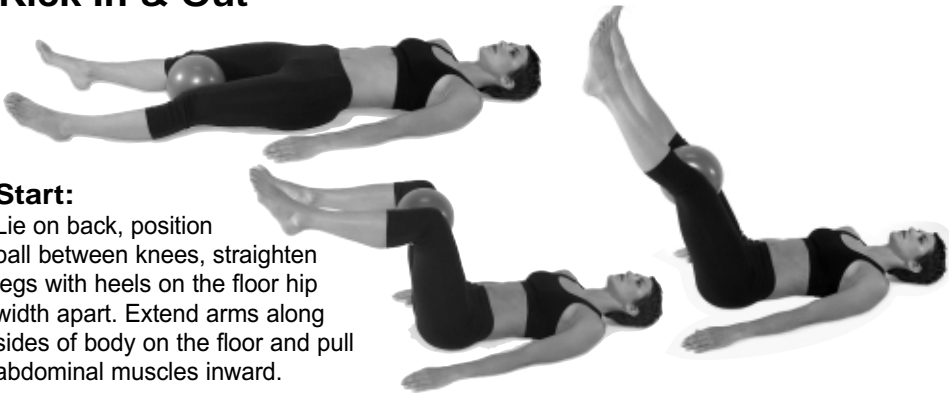
**Finish:** Squeeze ball, slowly curl body upward and lift upper body completely off floor, curving back slightly forward while keeping arms straight above head. Keep abdominal muscles tight and feet flat on the floor. Hold 1-2 seconds and slowly return to start position.

## Kick In & Out

### Start:

Lie on back, position ball between knees, straighten legs with heels on the floor hip width apart. Extend arms along sides of body on the floor and pull abdominal muscles inward.

**Finish:** Bend and lift legs up and back until lower legs are parallel to the floor with knees just above hips; then straighten legs upward and outward at a 30-45 degree angle until hips, knees and feet are aligned. Keep abdominal muscles tight and hips stationary. Hold 1-2 seconds and slowly return to start position in a reverse two step process.



## Double Leg Circles

### Start:

Lie on back, place ball under tailbone, straighten legs and position feet and knees directly above hips. Extend arms along sides of body on the floor and keep back straight with head and shoulders on the floor.

**Finish:** Slowly rotate legs clockwise or counter-clockwise in a circular motion just outside width of hips. Keep legs straight and together with shoulders on the floor and abdominal muscles pulled inward. Hold 1-2 seconds and alternate to other side.



## Bicycle

### Start:

Lie on back, position ball under tail bone with legs straight and together just above the floor. Extend arms along sides of body on the floor and keep back straight with shoulders on the floor.

**Finish:** Keep legs lifted off floor, straighten one leg forward while simultaneously bending opposite leg up and back above hip. Keep shoulders on the floor, abdominal muscles pulled inward, and tailbone firmly on the floor. Alternate bending and straightening of legs in a slow, continuous manner.



## Single Leg Kick

### Start:

Lie on back with legs straight and together on the floor. Hold ball with both hands, extend arms above head and pull abdominal muscles inward.

**Finish:** Slowly lift upper body upward with arms straight overhead while simultaneously lifting one leg up and backward, ending when ball reach toward top of foot. Keep back straight with opposite leg and hips stationary on the floor. Hold 1-2 seconds and alternate legs.

