

Strengthening Exercises

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Bridges



One-Legged Bridge



One Legged Bridge with Gym Ball



Planks



Side Planks



Bridge with a Gym Ball



Superman



Superman on a Gymball



Plank/Bird Dog Combination



Bird Dogs



Bird Dogs



Donkey Kicks



Lunges



Side Lunges



Kneeling Lunge Stretch (for tight hip flexors)



Air Squats



Gym Ball Mountain Climbers



Sitting and Rolling on Gym Ball