

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



Gym Ball Mountain Climbers



Sitting and Rolling on Gym Ball



Air Squats



Side Lunges