



## EXERCISE BALL - PRONE Y - THUMBS UP

Lie face down over an exercise ball with your elbows straight and arms out in front of your body as shown. The shoulder should be approximately 120 degrees abducted.

Slowly raise your arms upward and return to original position. Your thumbs should be pointed upwards the entire time.

Video # XVSS786V2

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



## EXERCISE BALL - PRONE T - THUMBS UP

Lie face down over an exercise ball with your elbows straight. Slowly raise your arms upward and return to original position. Your thumbs should be pointed upwards the entire time.

Video # XVLNR9BBB

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



## EXERCISE BALL - PRONE W - ER

Lie face down over an exercise ball with your elbows bent. Slowly raise your arms upward as you retract your shoulder blades and then return to original position. Your palms should be directed downward the entire time.

Video # XV3NQMA6K

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



### EXERCISE BALL - PRONE EXTENSION

Lie face down over an exercise ball with your elbows straight and along the side of your body as shown. Next, slowly raise your arms upward along your side and then return to original position.

Video # XVAUVHN8B

<b>Repeat</b>	10 Times
<b>Complete</b>	2 Sets
<b>Perform</b>	3 Times a Week