MUHLENBERG COLLEGE ATHLETIC TRAINING



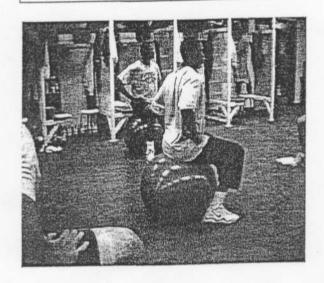
BACK STABILIZATION PROGRAM

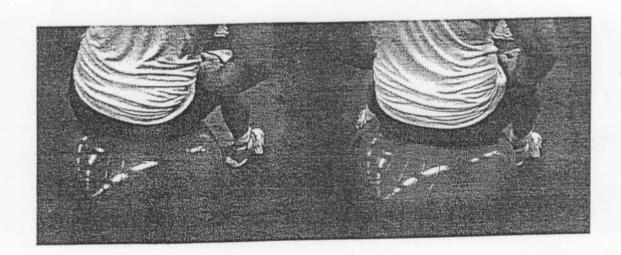
"Back School"

WAF	RMUP		0
Exercise	Ball Position	Motion	Comments
Pelvic Rock	Seated Upright on the Ball	Back and Forth; Side to Side; Figure of Eights	
Reaching Bends	Reach leg to the side and seated slightly forward on the ball	Side Step Out and Reach	Good Posture
Groin Stretch	Reach leg to the side and seated slightly forward on the ball	Step Out	Rock Forward
Abdominal Stretch	Supine on the Ball	Lean Back and Over the Ball	
Neutral Rollouts	Neck / Shoulders on the ball	Hands above eyes /Arms Straight; Rotate to the Right and then Left	Tight Abs
Lumbar Rollovers	90/90 Position	Roll and Pause	
Squats	Standing holding ball	Raise Ball above head then lower while performing a squat	Stretch at Bottom /Feet Flat
Torsion Rotation	Ball At Different Angles	Hold ball in front with arm extended; May add diagonal rotation	

Pelvic Rock

WARMUP		
Exercise	Ball Position	Motion
Pelvic Rock	Seated Upright on the Ball	Back and Forth; Side to Side; Figure of Eights

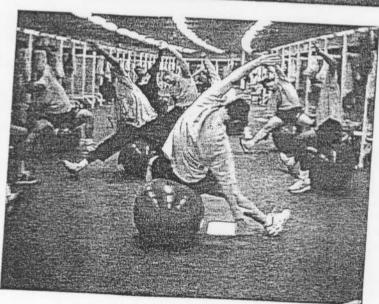




REACHING BENDS

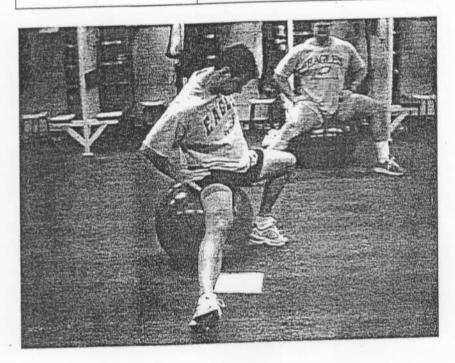
WARMUP		
Exercise	Ball Position	Motion
Reaching Bends	Reach leg to the side and seated slightly forward on the ball	Side Step Out and Reach





GROIN STRETCH

WARMUP		
Exercise	Ball Position	Motion
Groin Stretch	Reach leg to the side and seated slightly forward on the ball	Step Out



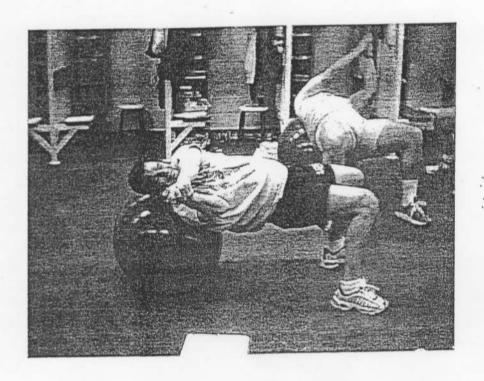
ABDOMINAL STRETCH

WARMUP		
Exercise	Ball Position	Motion
Abdominal Stretch	Supine on the Ball	Lean Back and Over the



NEUTRAL ROLLOUTS

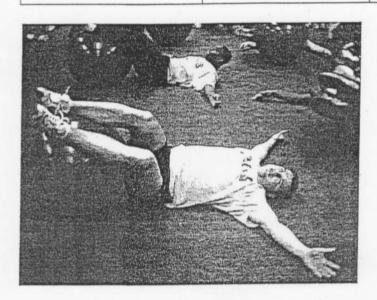
WARMUP		
Exercise	Ball Position	Motion
Neutral Rollouts	Neck / Shoulders on the ball	Hands above eyes /Arms Straight; Rotate to the Right and then Left

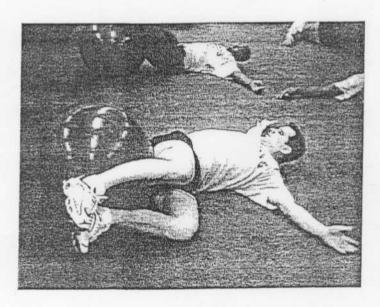


LUMBAR ROLLOVERS

WARMUP		
Exercise	Ball Position	Motion

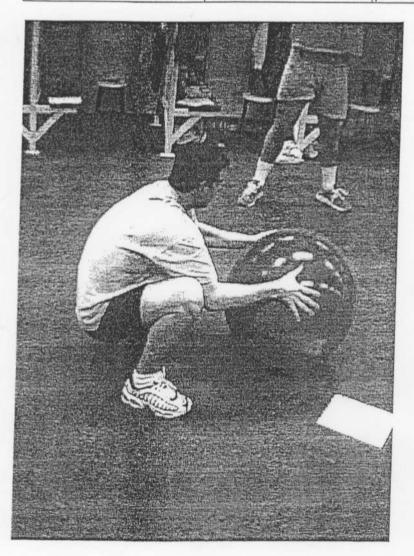
Lumbar Rollovers 90/90 Position Roll and Pause





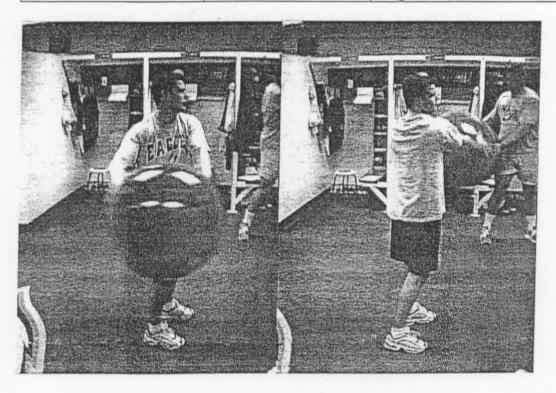
SQUATS

WARMUP		
Exercise	Ball Position	Motion
Squats	Standing holding ball	Raise Ball above head then lower while
	ban	performing a squat



TORSION ROTATION

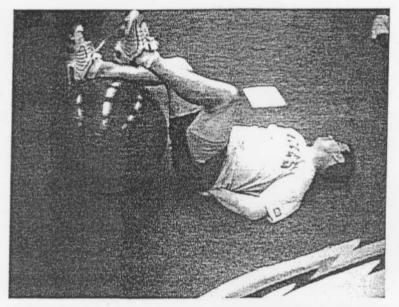
WARMUP		0.1
Exercise Ball Posit		Motion
Torsion Rotation Ball At Different Angles		Hold ball in front with arm extended; May add diagonal rotation



RKOUT		
Ball Position	Motion	Comments
90/90 ; Hands Under Back	Up, Ext, Lower, Raise, Flex	
Calves on Ball; Control Raise; Straight Line	Lift and Lower	Arms Out to the side; Bring arm to side to increase difficulty
Prone over ball; Bent knee	Extend Hip / Leg and lower; One leg at a time; alternate legs	Hands on Ground
Seated Single leg	Lift leg up and extension; Hip flexion; knee extension and lower	tight abs
Head and Neck On Ball	Raise up and down; Lift and Lower Hips	Good body Lines
under hips/ Lumbar		Hands on Chest
Supine on Ball	Perform Oblique Crunches	Hands on Chest
	body and then lower	Hands in Empty Can Position; Arm out in IR position
Four Points of	opposite Leg	Opposite hand; Opposite leg and Opposite Hand
Neck and	and rotain	The further out; the more difficulty
	Ball Position 90/90; Hands Under Back Calves on Ball; Control Raise; Straight Line Prone over ball; Bent knee Seated Single leg Head and Neck On Ball Supine on Ball; Bal under hips/ Lumbar Spine Supine on Ball; Four Points of Contact Neck and Shoulders on the	Ball Position 90/90; Hands Under Back Calves on Ball; Control Raise; Straight Line Prone over ball; Bent knee Prone over ball; Bent knee Extend Hip / Leg and lower; One leg at a time; alternate legs Seated Single leg Lift leg up and extension; Hip flexion; knee extension and lower Head and Neck On Raise up and down; Lift and Lower Hips Supine on Ball; Ball Perform Forward under hips/ Lumbar Crunch Spine Supine on Ball; Feet Extend / Lift Upper body and then lower Supine on Ball; Extend Arms with opposite Leg extension Roll Out to Elbows and return

PELVIC TILT

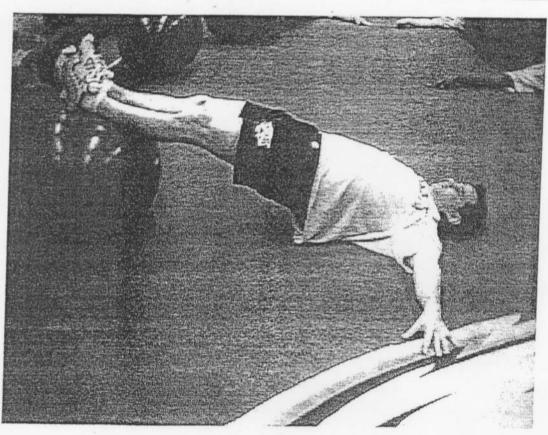
WC	RKOUT		
Exercise	Ball Position	Motion	Comments
Pelvic Tilt	90/90 ; Hands Under Back	Up, Ext, Lower, Raise, Flex	





SUPINE 2 LEGGED BRIDGE

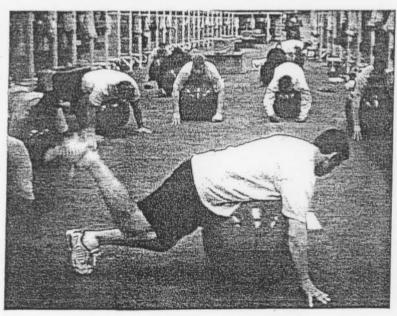
WOR	RKOUT		
Exercise	Ball Position	Motion	Comments
Supine 2 Legged Bridge	Calves on Ball; Control Raise; Straight Line	Lift and Lower	Arms Out to the side; Bring arm to side to increase difficulty



BENT LEG HIP EXTENSION

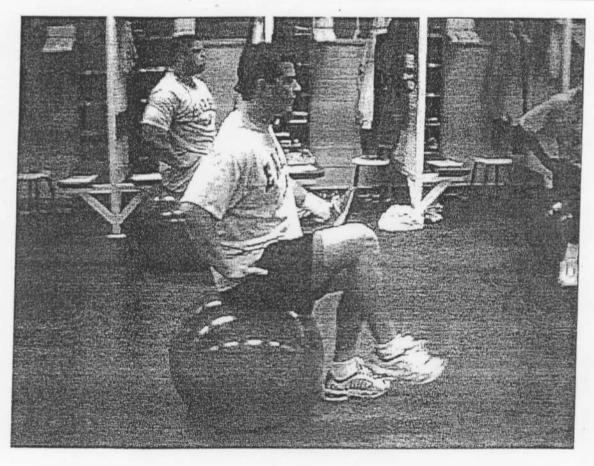
WORKOUT			
Exercise	Ball Position	Motion	Comments
Bent Leg Hip Extension	Prone over ball; Bent knee	Extend Hip / Leg and lower; One leg at a	
		time; alternate legs	





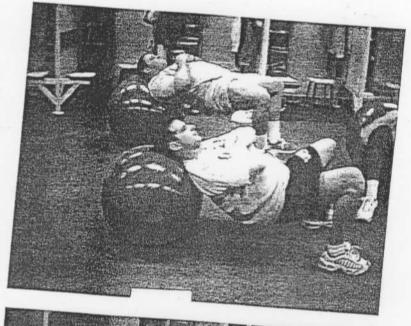
SEATED POSTURE TRAINER

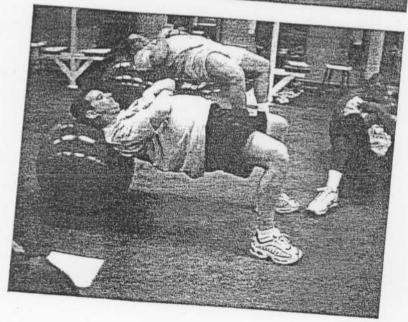
WORKOUT			
Exercise	Ball Position	Motion	Comments
Seated Posture Trainer	Seated Single leg	Lift leg up and extension; Hip flexion; knee extension and lower	tight abs



SUPINE HIP EXTENSION

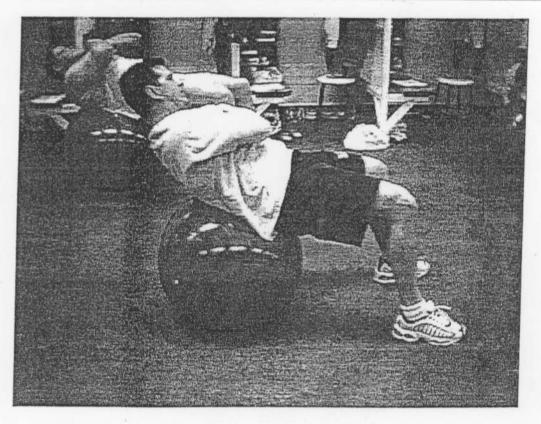
Wo	PRKOUT	ZIENSI(
Exercise	Ball Position	Motion	
Supine Hip Extension	Head and Neck On Ra	aise up and down	Comments
- Anno	Lif	t and Lower Hips	Good body Line





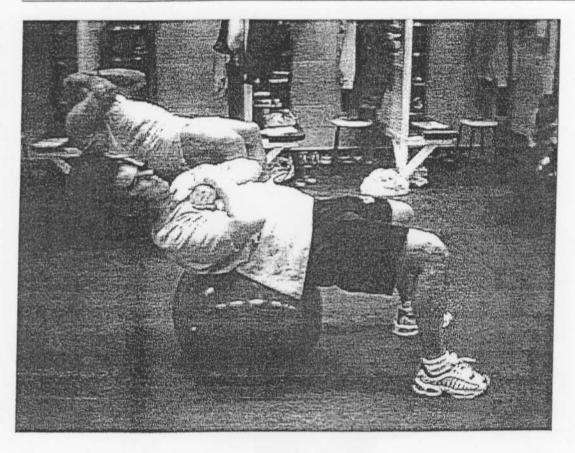
CRUNCHES

WC	RKOUT		
Exercise	Ball Position	Motion	Comments
Crunches	Supine on Ball; BallPe under hips/ Lumbar Cr Spine		Hands on Chest



OBLIQUE CRUNCHES

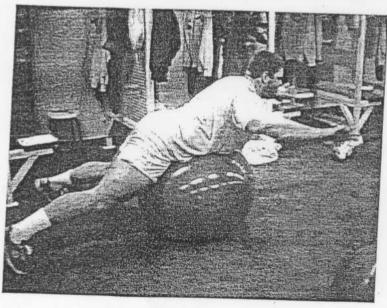
WO	RKOUT		
Exercise	Ball Position	Motion	Comments
Oblique Crunche	Supine on Ball	Perform Oblique Crunches	Hands on Ghest



BACK EXTENSIONS

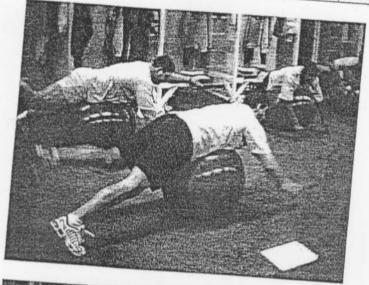
WORKOUT		7	
Exercise	Ball Position	Motion	Comments
ack Extensions	Prone on Ball; Feet wide	Extend / Lift Upper body and then lower	Hands in Empty Can Position; Arm out in IR position

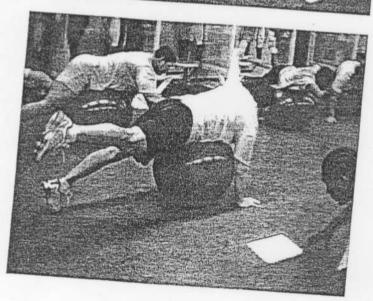




ALTERNATING SUPERMANS

WO	RKOUT		2
Exercise	Ball Position	Motion	Comments
t Supermans	Supine on Ball; Four Points of Contact	Extend Arms with opposite Leg extension	Opposite hand; Opposite leg and Opposite Hand





SUPINE LATERAL ROLLS

WO	RKOUT		
Exercise	Ball Position	Motion	Comments
Supine Lateral Rolls	Neck and Shoulders on the ball; Bench position	Roll Out to Elbows and return	The further out; the more difficulty

