

Prone Flutter

1a. Start by resting the stomach on the physioball, with hands on the floor and knees on the ground. Walk with your hands forward till your legs are off the floor and the ball is below the pelvis. Your elbows should be straight with your spine neutral and legs in straight alignment with the rest of the body.

1b. Pull in the belly button and start kicking the legs with small up and down motions with knees straight. do this for \_\_\_\_\_ min.



Super Woman/  
Man

2a. Lay with your head down on the floor. Have your arms extended on your side with palms facing the body.



2b. Pull your belly button to your spine, then Lift the arms and shoulders back towards the ceiling and down towards your feet. Your head should be in “neutral” or with the back of the neck flat.



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