

BODY BALL EXERCISES

Core

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Torso Stabilization

Place a ball against the front of your torso. Tuck your chin, pull your shoulders down and back, and brace your core. The spine will be in a neutral position. The ball will provide a constant pressure against the front of the torso, forcing the muscles to contract and stabilize the spine. This exercise is ideal for improving posture and core strength.



Basic Rollout

Rolls backwards onto the ball, then forwards, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll back until the ball is under your shoulders, then roll forward.
3. Repeat 10-15 times.

Lateral Pelvic Tilts

Rolls side to side on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll side to side, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Pelvic Tilts

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Jackknife

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Bridge with Seat Drop

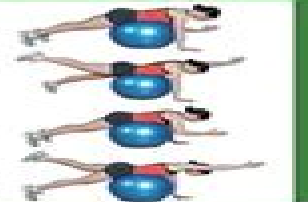
Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Alternating Arm-Leg Extension

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Back Extension

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Buttocks Leg Lift

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Reverse Bridge

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Ab Crunch

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Ab Rollout

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Table Tops

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Passover Crunch

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Side Leg Lift

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Crunch (Legs on Ball)

Rolls forward and back on the ball, keeping the feet flat on the floor.



1. Sit on the ball, feet flat on the floor, hands on the knees.
2. Roll forward and back, keeping the feet flat on the floor.
3. Repeat 10-15 times.

Safety Rules:

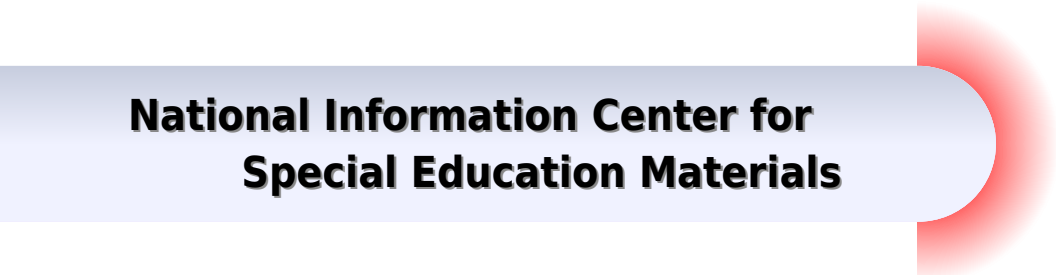
1. Always use proper form.
2. Do not overexert.
3. Stop if you feel any pain.
4. Use the ball on a soft surface.
5. Do not use the ball if it is damaged.

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library and information services profession Includes education organizational memberships publications and activities

The Wordtree Henry G. Burger, 1984 **Abs on the Ball** Colleen Craig, 2003-03-27 Innovative abdominal exercises to help tone the abdomen improve posture and build a strong back using the Swiss exercise ball Offers a 10 minute and 20 minute workout for all levels of fitness Shows how the mobility of the ball targets underutilized muscles Shows how traditional sit ups and ab machines limit how much abdominal muscles can be trained and also aggravate lower back pain and neck tension The exercise ball has long been recommended by doctors physical therapists and Olympic coaches for people suffering from back pain Now Colleen Craig author of the bestselling book *Pilates on the Ball* reveals why the exercise ball is unmatched as a tool for building superb abdominal strength She presents a selection of over 80 innovative exercises including some of the key powerhouse builders from the Pilates Method all of which she has adapted specifically to the ball Craig shows how traditional sit ups and ab machines actually limit the degree to which abdominal muscles can be trained and can even aggravate lower back pain and neck tension In contrast the very mobility of the ball targets underutilized muscles recruiting both deep and superficial abdominal muscle fibers to enhance results *Abs on the Ball* includes exercises for all ability levels that show how to properly use the breath and how to activate the correct muscles during a workout from the core exercises of the Waterfall Oblique Curls and Full Abdominal Curls to the more advanced Side Twist Plank the Teaser and Backward Crunch The author also offers a 10 and 20 minute workout designed not only to build the abdominal core but also to strengthen and train deep muscles in the back and hip in order to soothe lower back pain and increase overall body strength balance and coordination *Fitness on the Ball* Anne Spalding, Linda E. Kelly, 2010 Exercise balls have steadily become more popular since they were first introduced for two good reasons They re fun and they work People who are on the ball find themselves rolling toward improvements in strength flexibility and cardiorespiratory fitness Authors Anne Spalding and Linda Kelly published a version of this book just for kids but they ve done extensive research and discovered adults like to have fun too and stand to benefit just as much as kids in using exercise balls So the authors expanded this new book to include exercises and information for instructors and participants of all ages and included activities that can be used not only in school gymnasiums and classrooms but in exercise facilities workplaces and homes as well This book features the following material A CD ROM that includes an image bank reproducibles activity sheets assessments lesson plans a glossary of terms and other teachers tools An expansion from K 5 to all ages Photos illustrations and anatomical drawings depicting the muscles as they are being worked in the five core activities Information and suggestions for using the exercise balls in adapted physical education The exercises are easy to follow and well illustrated making this a practical and user friendly resource Not only will you be equipped to do or teach the over 110 exercises included in the book but you ll also receive valuable advice on managing your equipment and classes to help you and your participants get the most out of your program And the expansion of this book to include all ages makes it perfect for schools fitness centers YMCAs and wherever fitness is

valued even at home Fitness on the Ball is presented in three parts Part I focuses on the basics of using the exercise ball including safety issues social and emotional challenges and management of the ball Part II features over 110 exercises that you can do on and with the ball including exercises for core strength balance cardiorespiratory fitness muscular strength and flexibility Part III explores the latest research on the impact of physical activity on the brain and also explains how to use exercise balls in a variety of settings including gyms classrooms workplaces and homes So if you want to get on the ball and take a step toward a healthier lifestyle and lead participants in doing so as well this is the book for you With its well researched information its teacher tested lesson plans and exercises its visual format and its wealth of tools Fitness on the Ball is a sure hit no matter what group you lead or setting you are in **The Fitness Ball Deck** Olivia H. Miller, 2005-07-14 This deck of toning techniques uses one simple and versatile tool the fitness ball and provides 50 ways to help tone and strengthen core stabilizers and maintain balance First used in physical therapy to build resistance and regain strength in particular parts of the body following injury fitness balls have rolled into the mainstream as popular and effective tools for muscle conditioning and for enhancing any overall fitness program You ll have a ball **Swiss Ball Core Workout** Declan Condrón, 2007-05 Use a Swiss ball to strengthen your core muscles lose weight and develop a more perfect body Choose from three progressively challenging fitness levels each including four or five workouts that use a Swiss ball light dumbbells and ankle weights Target your routine further by selecting either the muscle toning or weight loss track that s provided for each workout You ll love the fantastic results that can be achieved at your own pace *The Core Workout* Joanne Elphinston, Paul Pook, 1999

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