

BODY BALL EXERCISES

Core

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Torso Stabilization

These exercises are designed to improve your core strength and stability. They are performed while sitting on the ball, which challenges your balance and coordination. The exercises focus on the muscles of the torso, including the abdominals, back, and shoulders. They are suitable for all fitness levels and can be modified to suit individual needs.



Basic Rollout

Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Roll forward by pushing your arms and legs forward, keeping your back straight.
3. Hold the position for 10-15 seconds, then roll back to the starting position.
4. Repeat for 10-15 repetitions.

Lateral Pelvic Tilts

Improves lateral movement and core stability.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Tilt your pelvis to the right by pushing your right leg forward and your left leg back.
3. Hold the position for 10-15 seconds, then tilt to the left.
4. Repeat for 10-15 repetitions.

Pelvic Tilts

Improves pelvic movement and core stability.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Tilt your pelvis forward by pushing your hips forward.
3. Hold the position for 10-15 seconds, then tilt backward.
4. Repeat for 10-15 repetitions.

Jackknife

Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Lift your legs and arms off the floor, keeping your back straight.
3. Hold the position for 10-15 seconds, then lower back to the starting position.
4. Repeat for 10-15 repetitions.

Bridge with Seat Drop

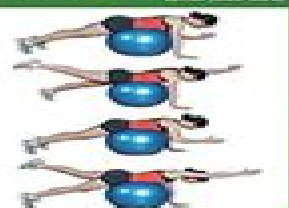
Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Lift your hips off the floor, keeping your back straight.
3. Hold the position for 10-15 seconds, then lower back to the starting position.
4. Repeat for 10-15 repetitions.

Alternating Arm-Leg Extension

Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Extend your right arm and left leg forward.
3. Hold the position for 10-15 seconds, then switch.
4. Repeat for 10-15 repetitions.

Back Extension

Strengthens back and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Lift your legs and arms off the floor, keeping your back straight.
3. Hold the position for 10-15 seconds, then lower back to the starting position.
4. Repeat for 10-15 repetitions.

Buttocks Leg Lift

Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Lift your legs off the floor, keeping your back straight.
3. Hold the position for 10-15 seconds, then lower back to the starting position.
4. Repeat for 10-15 repetitions.

Reverse Bridge

Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Lift your hips off the floor, keeping your back straight.
3. Hold the position for 10-15 seconds, then lower back to the starting position.
4. Repeat for 10-15 repetitions.

Ab Crunch

Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Lift your head and shoulders off the floor, keeping your back straight.
3. Hold the position for 10-15 seconds, then lower back to the starting position.
4. Repeat for 10-15 repetitions.

Ab Rollout

Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Roll forward by pushing your arms and legs forward, keeping your back straight.
3. Hold the position for 10-15 seconds, then roll back to the starting position.
4. Repeat for 10-15 repetitions.

Table Tops

Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Lift your hips and arms off the floor, keeping your back straight.
3. Hold the position for 10-15 seconds, then lower back to the starting position.
4. Repeat for 10-15 repetitions.

Passover Crunch

Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Lift your head and shoulders off the floor, keeping your back straight.
3. Hold the position for 10-15 seconds, then lower back to the starting position.
4. Repeat for 10-15 repetitions.

Side Leg Lift

Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Lift your right leg to the side, keeping your back straight.
3. Hold the position for 10-15 seconds, then lower back to the starting position.
4. Repeat for 10-15 repetitions.

Crunch (Legs on Ball)

Strengthens core and improves balance and coordination.



1. Sit on the ball with your feet flat on the floor and your arms extended forward.
2. Lift your head and shoulders off the floor, keeping your back straight.
3. Hold the position for 10-15 seconds, then lower back to the starting position.
4. Repeat for 10-15 repetitions.

Safety Rules

1. Always properly inflate the ball to the correct pressure.
2. Always use the ball on a flat, padded surface.
3. If you experience any pain or discomfort, stop the exercise immediately.

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Body Ball Exercises Core Laminated Poster:

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

Black Belt ,1982-02 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition **Black Belt** produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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