

BALL
EXERCISES

CORE



Strength

Low Res.
Sample

CORE STRENGTH

PATIENT HANDBOOK

This guidebook is meant to help in performing core strength exercises but is not meant to replace the necessary instruction needed to ensure these exercises are being performed properly. Some of these exercises may not be appropriate for you depending on your state of health. If pain or discomfort should arise from performing any of these exercises, discontinue and consult a health care professional. Using an exercise ball creates instability which may cause you to lose your balance and fall off the ball. An open space with a soft floor can help to reduce the risk of injury from falls. Before starting any fitness program it is recommended that you consult your doctor to ensure it is appropriate for you.

When performing these exercises, position of the body is very important. The spine should be maintained in a neutral position throughout the exercises. In neutral, your low back should be in a position of comfort and should have a slight curve (lordosis). Contraction of your core muscles is used to stabilize this neutral position during the exercises. If unsure about the correct positioning during any of these exercises consult a health care professional or fitness expert.

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Perform the exercises that have been marked with a check

CORE STRENGTH BASICS

- Seated March
- Cross March
- Leg Raise March
- Torso Twist
- Ball Crunches
- Ball Oblique Crunches
- Bridge
- One Leg Bridge
- Bridge March
- Bilat. Leg Curl Bridge
- One Leg Curl Bridge
- Reverse Bridge March
- Plank
- One Leg Plank
- Prone Cross Crawl
- Airplane

These exercises should be performed with slow and smooth motions.

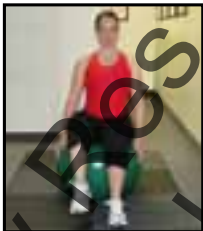
These exercises should not be painful

It is recommended that you warm up your muscles with light exercise before beginning your workout.

Basic

SEATED MARCH

Sit on an exercise ball in a neutral position and use your core muscles to stabilize your spine and pelvis. While maintaining this position slowly lift one leg at a time off the floor.



Sets _____

Reps _____

Basic

CROSS MARCH

As above, lifting the opposite arm as you raise each leg.



Sets _____

Reps _____

Caution: If these exercises cause discomfort, discontinue and consult a health professional.

LEG RAISE MARCH

Basic

This is the same as the seated march except each leg is straightened as in the picture below and held for 3 seconds before returning it to the floor.



Sets _____

Reps _____

TORSO TWIST

Basic

Sitting on a ball with core stabilized, slowly twist to the right and then back to the left. To increase the difficulty of this exercise, lift one foot off the floor.



Sets _____

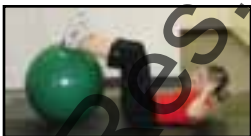
Reps _____

Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Basic

BALL CRUNCHES

Lie on your back with your feet on the ball and legs bent. With your hands gently supporting your head slowly raise your chest off the mat, hold for three seconds and then return to the floor. Sets _____ Reps _____



Basic

BALL OBLIQUE CRUNCHES

Perform as above but as you bring your chest off the floor, twist your abdomen so your elbow moves towards the opposite knee. Be careful not to pull on the neck as you perform this exercise. Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

BRIDGE

Basic

Lie down on your back with your feet resting on the ball and your arms at your side. Keeping your shoulders on the floor, slowly raise your torso and straighten your hips. Hold for 3 seconds and return to the floor. Repeat.



Sets _____

Reps _____

ONE LEG BRIDGE

Basic

Perform a bridge using only one leg on the ball instead of two. Hold for 3 seconds and then relax. Repeat with the opposite leg.

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Basic

BRIDGE MARCH

Start from a bridge position. Raise one leg off the ball and then the other leg while maintaining the bridge position.

Sets _____ Reps _____



Basic

BILAT LEG CURL BRIDGE

Start by performing a bridge. From this position slowly bend your knees and roll your feet over the top of the ball. Return to the starting bridge position.



Sets _____

Reps _____

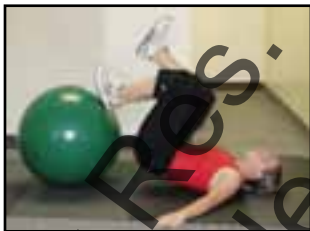
Caution: If these exercises cause discomfort, discontinue and consult a health professional.

ONE LEG CURL BRIDGE

Basic

Perform the bilateral leg curl with one leg instead of two.

Sets _____ Reps _____



REVERSE BRIDGE MARCH

Basic

Starting in a seated position, slowly roll forward on the ball until your shoulders are resting on the ball. From this position slowly raise one foot off the floor and then the other.



Sets _____

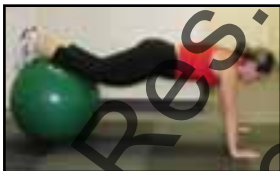
Reps _____

Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Basic

PLANK

Lie with your stomach on the ball and slowly walk your hands forward until your feet are on the ball. Hold this position for 10 seconds and then relax. Reps _____



Basic

ONE LEG PLANK

Perform a plank as above. Slowly lift one leg off the ball. Repeat with the other leg.

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

PRONE CROSS CRAWL

Basic

Lie with your stomach on the ball. While keeping your core muscles activated, reach one arm forward and bring the opposite leg back.

Sets ___ Reps ___

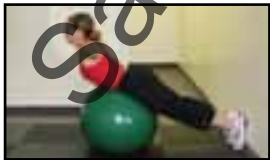


AIRPLANE

Basic

Lie with your stomach on a ball and your feet against a wall. Extend back until your body is straight and then return to the starting position.

Sets ___ Reps ___



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

ADVANCED EXERCISES

Before progressing to these exercises it is important that your core muscles are strong enough to provide appropriate stabilization. If the core muscles are not effectively stabilizing the low back and pelvis during these exercises the tissues can easily become overstressed and injured. As with all the exercises in this booklet, these exercises should be performed under the guidance of a qualified health professional.

Perform the exercises that have been marked by a check

ADVANCED EXERCISES

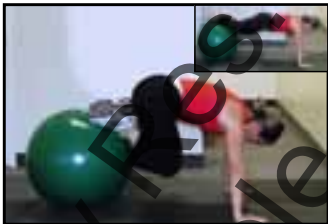
- Plank + Knee Tuck
- Plank + Oblique Tuck
- Planks + Leg Twist
- Reverse Planks with Forearms
- Reverse Planks
- One Leg Reverse Planks
- Bridge + Leg Extensions
- Bridge + Cross Crawl
- Bridge + Torso Twist
- Pushups - Feet on Ball
- Pushups - One Leg on Ball
- Two Ball Pushups
- Two Ball Flies

PLANK + KNEE TUCK

Advanced

Starting in a front plank position, slowly bend your hips and knees, bringing your knees into your chest. Return to the starting plank position and then repeat.

Sets _____ Reps _____



PLANK + OBLIQUE TUCK

Advanced

Start from a front plank position as above. Slowly bend your hips and knees and add a slight twist of your abdomen. Repeat twisting to the other side.

Sets _____

Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Advanced

PLANK + LEG TWIST

Start from a front plank position with ankles on ball. Slowly twist your pelvis to the right and then to the left. Repeat.

Sets _____ Reps _____

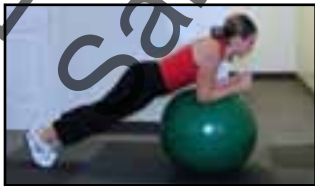


Advanced

FOREARM REVERSE PLANKS

Perform a plank with your feet on the floor and elbows on the ball. Hold for 10 seconds and then relax.

Reps _____



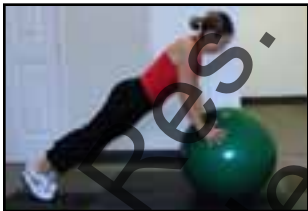
Caution: If these exercises cause discomfort, discontinue and consult a health professional.

REVERSE PLANKS

Advanced

Perform a front plank with your hands shoulder width apart on the ball. Hold for 10 seconds and then relax.

Reps _____



ONE LEG REVERSE PLANKS

Advanced

Perform a plank with only one foot on the floor and elbows on the ball. Hold for 10 seconds and then relax.

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Advanced

BRIDGE + LEG EXTENSION

Sit on a ball and slowly walk your legs forward until your shoulders are on the ball. From this position slowly extend one leg and then the opposite leg.

Sets _____ Reps _____



Advanced

BRIDGE + CROSS CRAWL

Sit on a ball and slowly walk your legs forward until your shoulders are on the ball. From this position slowly extend one leg as you raise your opposite arm overhead. Repeat with your other leg and arm.

Sets _____ Reps _____



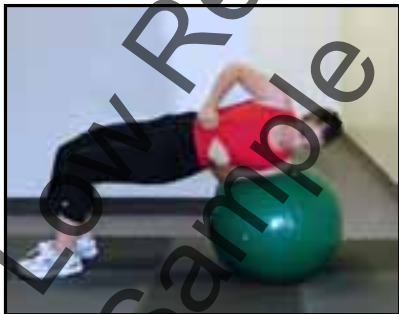
Caution: If these exercises cause discomfort, discontinue and consult a health professional.

BRIDGE + TORSO TWIST

Advanced

Sit on a ball and slowly walk your legs forward until your shoulders are on the ball. From this position slowly twist to the right and then to the left.

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Advanced

PUSHUPS - FEET ON BALL

Perform a front plank with your ankles on the ball and hands on the ground shoulder width apart. Slowly bring your body down until your elbows are at 90 degrees and then return to the plank position.

Sets _____ Reps _____



Advanced

PUSHUPS - ONE LEG ON BALL

Perform as above with only one leg supported on the ball.

Sets _____ Reps _____

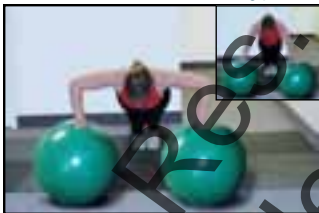


Caution: If these exercises cause discomfort, discontinue and consult a health professional.

TWO BALL PUSH UPS

Advanced

Using two exercise balls place one hand on each ball. Keeping your core stabilized slowly bend your elbows to 90 degrees and then return to the starting position. Repeat.



Sets _____

Reps _____

TWO BALL FLIES

Advanced

Using two exercise balls place one forearm on each ball as in the picture below (upper right corner). Slowly bring your elbows out to the side and then return to the starting position.



Sets _____

Reps _____

Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Low Res.
Sample