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## ***Have a Ball Home workout- simple!***

### **Why use the stability ball?**

This fun and versatile piece of equipment is not new – its origins can be traced to the 1920's Switzerland where physical therapists used them with children.

Over the years it has been found to be beneficial in strengthening all the abdominals, back and buttocks. Just as in Pilates these muscles are the ones used to hold everything in – like a corset.

The following pre-natal programme looks at using the stability ball to modify and increase the intensity of our Pilates moves (as appropriate to your current fitness level).

### **What are the important things to remember?**

- The more pumped up the harder the ball is, the harder the movements will be – so expect a challenge for your core muscles. You choose how hard you ball should be for you.
- Two hands and two feet on the ball will be easier – the more you take away your base of support the harder the exercises will be. One foot/hand will make the movements harder, whilst no hands/feet is very challenging...
- Regardless of position, aim for neutral spine at all times. The ball will challenge you to do this, but is a great workout for your abs and back.
- Regular practice will make the movements easier and your will quickly increase your core strength just by sitting on it for about 20 mins per day.

Remember if you are not sure in any way about the exercises, please contact me 0794 1012305.

The whole workout over the next 5 weeks only takes 12 – 15 mins total – not too much time to invest in yourself and your health, is it?

These first few exercises are part of the warm up – get loose and ready for the challenge ahead – good luck and work well!!!



## Have a Ball Warm Up



### **1. ARM FLOATS**

*4 -12 REPS*  
Stand with good posture abdominals in place, arms by your sides, shoulders down.

Breathe in – prepare  
Breathe out – lift arms to shoulder height.



### **2. HIP HINGE SQUATS**

*5 -15 REPS*  
Monkey squat with a ball!! Draw your abdominals in and hinge and the hips, knees and ankles then rise on to your toes lifting the ball above your head.

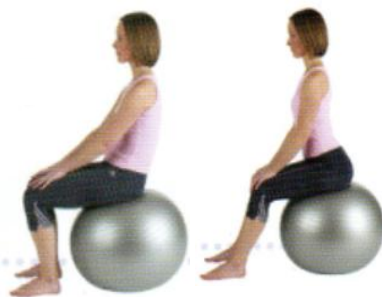
Breathe in – prepare bend  
Breathe out – as you stand tall



### **3. HIP HINGE SQUATS AND TAKE OFF!**

*5 -15 REPS*  
Monkey squat with a ball!! Hinge and the hips, knees and ankles then rise on to your toes lifting the ball above your head.

Breathe in – prepare and bend  
Breathe out – as you stand tall.



### **4. PELVIC TILTS (both directions)**

*2 - 6 each direction*  
Sitting on the ball, feet wide, spine in neutral. Abdominals in place, arms resting on thighs, shoulders down.

Breathe in – prepare  
Breathe out – slowly and smoothly tilt pelvis forward and backwards.



### **5. PELVIC CIRCLES (both directions)**

*2 - 6 each direction*  
Sitting on the ball, feet wide, spine in neutral. Abdominals in place, arms resting by your sides, shoulders down.

Breathe in – prepare  
Breathe out – slowly and smoothly circle pelvis to the right, then left.



### **6. FOOT LIFTS**

*6 - 10 each leg*  
Sitting on the ball, feet wide, spine in neutral. Abdominals in place, arms resting by your sides, shoulders down.

Breathe in – prepare  
Breathe out – slowly and smoothly circle pelvis to the right, then left.