

## 5 Simple Resist-a-ball Exercises

### Tips:

- Always warm up before you perform these exercises. Try marching on the spot for 3-5 minutes, or walking up and down a flight of stairs to warm up.
- Complete each exercise in the sequence 12-15 times (until you feel the muscles working – or ‘feel the burn’). If you have time you can repeat the entire program 2 times.
- It shouldn’t hurt – if it does, stop the exercise and ask a professional for guidance.
- With each of these exercise it is essential to ‘engage your core’ – your core muscles are engaged by drawing your belly button up and in towards your spine to flatten your stomach. This is not ‘sucking in’ – but firing the deep abdominal muscles.
- Make sure you stretch (using the *Total Body Stretching Routine*) after you perform this workout.

### Important:

Before you begin any new exercise program, please check with your doctor! Enlisting the help of a qualified Fitness Professional will ensure you effectively use exercise equipment, correctly monitor exercise intensity and perform movements with proper exercise form and technique. Don't be shy - Ask questions!

Exercise Name	Where you Should Feel It	Directions	Picture
Ball Squat	In your buttocks and thighs	<ul style="list-style-type: none"> <li>- Place the ball against a wall and in the small of your back to start.</li> <li>- Engage your core.</li> <li>- Keeping your weight through your heels bend at the hips until your knee angle is approximately 90° (no less).</li> <li>- Make sure your knees are in line with your ankles and are not knocking together.</li> <li>- Push through your heels back to the starting position and repeat.</li> </ul>	
Hamstring Curl	Behind your thighs	<ul style="list-style-type: none"> <li>- Laying on your back, place the ball under your heels.</li> <li>- Engage your core and lift your bottom off the ground.</li> <li>- Curl the ball towards your bottom, pulling with your heels.</li> <li>- Extend and repeat.</li> </ul>	
Push Up	In your chest	<ul style="list-style-type: none"> <li>- With the ball under your chest, engage your core and roll out until you are comfortable</li> <li>- Note: the further you roll out the more difficult the exercise (out to your toes is the hardest).</li> <li>- Keeping your torso neutral (don't let your back arch), bend at the elbows and lower your chest toward to ground until your elbows reach a 90° angle.</li> <li>- Do not let your shoulder blades ‘collapse’ toward your spine and keep your neck in line with your spine.</li> </ul>	
Superman	In your back	<ul style="list-style-type: none"> <li>- Lying on your tummy on the ball, engage your core and extend the opposite arm and leg, while maintaining your position on the ball.</li> <li>- Do not let your torso twist (stay parallel to the ground). Your core is key to this!</li> <li>- Alternate sides until you complete 12-15 on each side.</li> </ul>	
Crunch	In your abdominals	<ul style="list-style-type: none"> <li>- With the ball on your lower back and your neck relaxed (keep your chin tucked), engage your core.</li> <li>- Using your abdominals pull your shoulders up off the ball with your abdominal muscles.</li> <li>- Do not let your ball move – this indicates that your legs are doing the work!</li> </ul>	

**What should I look for in my ball?** When sitting on your ball you should have no less than a 90° angle at the knee joint. Make sure that your ball is anti-burst and has enough air in it to be moderately firm.