

Core Balance

Prone Arm Raise on ball

1. Lie on your stomach across the top of the stability ball.
2. Alternately raise one arm up above your head.
3. Return to the starting position and repeat with the other arm.
4. Focus on controlling the movement



Single Leg Chest Throw on Disc



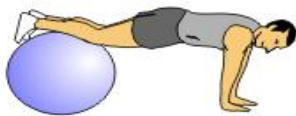
1. Starting position: Stand on a balance disc using one leg.
2. Take a medicine ball and while holding it at chest level press it towards a wall.
3. Catch the medicine ball and repeat chest pressing the ball towards the wall.
4. Maintain a tight core and balance throughout exercise. Repeat according to prescribed repetitions and then repeat with other leg.

Exercise ball balance with toning bar

1. Starting position: Balance your body on top of the balance bar using your knees and shins. Remember to keep your core tight and upper body in control.
2. Once control is established have a partner hand you a toning bar in one hand.
3. Proceed to toss the bar back and forth, catching it with each hand.
4. Repeat for prescribed repetitions



Prone Knee Tucks on Ball



1. Start by placing your legs on top of a stability ball and your hands on the ground to form a plank position.
2. Drive your knees in towards your chest bringing the ball with you.
3. Return to the starting position and repeat. Keep your abs tight and your hips parallel with your body.

Lateral Flexion on stability ball

1. Lie on your side with the stability ball just on top and above your hip. Spread your feet apart so that you can balance. Once your balance improves then put your feet together.
2. Holding a medicine ball at chest level laterally flex your trunk and contract your oblique muscles.



3. Return to the starting position and repeat. Switch to the other side and complete prescribed repetitions.

Leg kick on ball



1. Start by lying on top of the ball with your stomach and toes on the ground with your knees extended. Your arms should be at your side.
2. Reach forward with your arms so that your hands are on the ground. While doing this curl your legs up so that your knees are at a 90 degree angle.
3. Return to the starting position and repeat.

Single Leg Hip Extension on ball

1. Lie on your stomach across the top of a stability ball.
2. Bend your knees and place ankle weights around the feet.
3. Extend your hips and raise one leg up towards the ceiling by contracting your glutes.
4. Return to the starting position and repeat with the other leg.



Dynamic two-point stance on ball



1. Start by placing both hands and knees on top of a stability ball.
2. Once you are balanced then raise your left arm and right leg until they are parallel with your body. Keep your back flat and level.
3. Maintain that balanced position for the prescribed time. Complete for prescribed repetitions. Repeat with the other leg and arm.

Trunk Rotation with Toning bar balancing

1. Balance yourself using your knees on the ball and the toning bar placed on your shoulders.
2. Keeping your trunk in an upright posture rotate your shoulders to each side.
3. Repeat for the prescribed number of repetitions.



Kneeling pushup with hands on ball



- 1) Get on your knees and place hands 6-8 inches apart onto the stability ball.
- 2) Start position: Align hands at nipple line and extend the arms to raise body up. Trunk and hips should be in a straight line.
- 3) Lower your entire body (legs, hips, trunk, and head) 1-2 inches from the stability ball.
- 4) Return to the start position by extending at the elbows and pushing the body up.

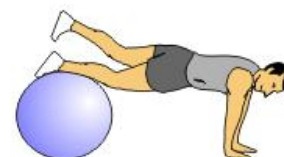
1-Arm Raise Level 2 on Ball



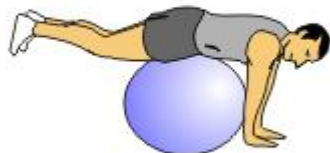
1. Start by placing your feet on top of the ball and holding a plank position with your hands on the ground.
2. Once your body is stabilized in this plank position slowly raise one arm off the ground.
3. Bring the arm forward and then backwards to your hip.
4. Return to the start position and repeat with the other arm.

1-Leg Plank with Push-up

- 1) Lie face down with chest on stability ball.
- 2) Take your hands and walk forward allowing the stability ball to roll under your body until the top of your feet are supported by the ball.
- 3) Start position: Place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line. Remove one foot and suspend it 4-6 inches above the stability ball.
- 4) Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor.
- 5) Return to the start position by extending at the elbows and pushing the body up.



Pushup prone on stability ball



1. Start by lying down on a stability ball under your hips and placing your hands on the ground
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

1 Leg PNF Pattern

1. Perform drawing in and pelvis floor contractions.
 2. Lift one leg off the floor and dorsiflex the elevated ankle. Keep feet parallel in frontal plane.
 3. Maintain level hips.
 4. Start in a one-leg squat position arms straight and fingers interlocked.
 5. Descend into the squat and turn shoulders towards elevated leg as you extend the arms.
 6. Avoid turning at the hips or pronating at the knee and ankle.
 7. In a simultaneous motion squat up and slowly rotate shoulders towards planted leg as arms flex.
- Progressions: Inertia progressions: No weight to dumbbells to cables to tubing.



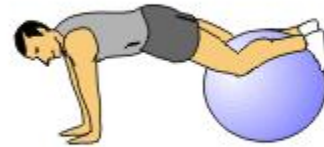
Balanced Lateral Raises on ball



- 1) Balance on a stability ball with your knees and feet, then grab a dumbbell in each hand.
- 2) Start position: Grasp DB's with a neutral grip (palms facing each other). Arms should hang down at sides with elbows slightly bent.
- 3) Raise DB's to side of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.

1-Arm Raise Level 1 on Ball

1. Start by placing your feet on top of the ball and holding a plank position with your hands on the ground.
2. Once your body is stabilized in this plank position slowly raise one arm off the ground.
3. Bring the arm forward and then return to the ground.
4. Repeat with the other arm.



Prone Opp Arm Opp Leg Raise on ball



1. Lie on your stomach across the top of the stability ball.
2. Simultaneously raise your left leg up with your right arm.
3. Return to the starting position and repeat with the other leg and arm.
4. Focus on controlling the movement.

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