

# Fitball Warm-up & Strength Stretches

Choose a ball that suits the movement. Repeat left and right sides where necessary. HOLD in most stretched position for 8-count while exhaling, except tidal therapy which should move slow-motion in and out of the stretch. Use deep full "releasing" breaths that provide security and comfort. Keep head elevated to parallel with floor whenever possible. Exercises are in order. Repeat each 5 times, or 5 times on each side. **Breath out.**

## Roll-out (tidal motion therapy/ stretches the lats, chest, upper back, glutes)

Kneeling on the floor with ball in front of you, 2 hands close together "low" on the ball. **Roll ball forward and drop your belly low** (like Yoga "cow"), looking over the ball, let straight fingers shoot out ahead of you over the ball.

## Chest (stretches the chest and front shoulders)

Kneeling on floor, set ball to the side chest, open hand on top of ball with thumb pointing to floor & elbow pointing up, opposite open hand on floor & elbow pointing away, **dip your chest down toward the floor with elbows pointing up** as much as possible, do not increase kneeling (don't bend extra at waist when you "dip".) Switch sides

## Lying side ball (stretches the underside latissimus dorsi)

Sit next to ball, one bent arm (tricep) positioned on top of ball, palm behind ear. Extend legs straight out on floor "stacked" on each other away from the ball to the other side. Bend top leg in front of bottom leg to get a twist. Switch sides. **Breath in place.**

## Side-ball dive (tidal motion therapy)

Kneeling close to side of ball, get on top of the ball sideways with both legs stretched out and apart for stability. **Reach arms overhead in the opposite direction like "diving"** while reaching as long as possible. Go up on toes. Return to a partial kneeling shape and shorten reach. Switch sides.

## Squats (tidal therapy/inversion)

Sit very low with back pressed "low" on the ball, arms hanging to each side naturally. Rock backwards on ball with head on ball, but relaxed. **Press/Rock backwards** until you are supported only by your heels (abs will stretch.)

## Hamstrings

Kneeling near ball with a straight leg propped atop the ball and hands placed on either side of the propped leg. **Lean into the ball and push with hands** for a stretch then gently release. Switch sides

## Adductors/Inner thigh

Kneeling on all fours, put a bent knee on top of the ball and place same-side hand on ball under the bent knee. Push with hand and **lean sideways into the ball.** Switch sides.

## Hip Flexors (tidal therapy)

Kneeling on floor with ball in front, step up a foot ahead alongside the ball, hands on top pressing chest backwards (backbend) **press the ball away to open the front hip** staying in a back bend. Switch sides

\_Youtube videos: <https://youtu.be/CY47zN2lpvM>