

Ball Exercises for Core Strengthening

Using a ball is a great way to strengthen your core body while increasing the control and stability of the muscles around joints. It is important to work within a normal range of motion and to avoid over extending. Training progression should begin at a low intensity and progress slowly.



Bridges

Lie on your back with legs straight and the ball under your legs. Lift your bottom up off the ground, keeping your back straight. Hold for ___ seconds
Do ___ times



Reverse Bridge

Lie so the ball is under your shoulders, with feet flat on the floor shoulder length apart. Bend your legs at a 90 degree angle with your thighs. Tighten your stomach muscles making your body straight from your shoulders to your knees. Hold for ___ seconds
Do ___ times



Forward Plank

Tall kneel with both forearms resting on ball. Tighten your stomach and bottom muscles and slowly roll ball forward, keeping your back straight. Go into the plank position, supporting yourself on your forearms and feet. Hold for ___ seconds
Do ___ times

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Bridge with Leg Lift

Lie with back on floor and both feet resting on the ball keeping your arms to your sides. Tighten your stomach and raise your bottom off the floor, while trying to keep your back straight. Raise one leg up from the ball. Alternate legs. Hold for ___ seconds
Do ___ times



Leg and Arm Raise

Lie with your stomach resting on the ball. Find your balance while resting on all fours with the ball beneath you. Keeping your back straight, raise one arm and the opposite leg. Alternate and repeat. Hold for ___ seconds
Do ___ times



Walking Plank

With ball under your stomach, hands on the floor, and arms almost straight, bring your legs up off the ground to make a straight line from shoulders to toes. Slowly walk forward with hands, rolling forward off the ball to a point that you can still keep your back straight. Do ___ times

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