

FITBALL STRENGTHENING EXERCISES

LEGS, BUTTOCKS AND HIPS

Exercising on a fitball will correct and improve your posture, flexibility and core body strength.

Fitballs are an ideal piece of equipment for any rehabilitation exercises performed for injuries. The fitball is an unstable base, thus encouraging you to exercise with correct posture and good control.

Working on a fitball has many physical benefits:

- The ball works the deep abdominal and back muscles, thus strengthening the spine
- The ball enables an exerciser to use variety in their programs
- The ball produces flexibility of joints.

(Light weight 2-7.5kg unless otherwise specified.)



DISCLAIMER Before participating in any exercise program, you should seek medical or health advice from your doctor or exercise physiologist. When undertaking an exercise program with fitballs, please read the information provided carefully on "Back and Abdominal Stability exercises" and "Fitball Strengthening exercises." If you experience any discomfort whilst exercising, you should cease the program immediately to obtain advice from your physician. Discomfort effects are: hard to breath, racing heart rate, pain in the chest, you are injured, you feel sick, you feel pain, you are dizzy. The information provided by CORP Health has been prepared with duty of care by qualified professionals to meet the needs of healthy individuals without existing problems. CORP Health and CFA accepts no responsibility for any injury, loss or damage suffered as a result of information provided on this exercise poster.

LEGS, BUTTOCKS AND HIPS - 1

HAMSTRING ROLLS

- Lie on the floor
- Arms rested by your sides
- Heels on top of the ball
- Raise your hips and bottom off the floor
- Bend your knees and roll the ball in towards your buttocks
- Still keeping the hips off the floor, roll the ball back to starting position
- Lower hips back to floor and repeat
- 15 reps x 2 sets



SQUATS

- Place the ball at the wall and in the arch of your back
- Feet shoulder width apart and slightly in front of the ball
- Hand weights in each hand
- Back should be in a straight alignment with your neck
- Always look forwards, not down
- Pushing into the ball, roll down the wall until your knees are at right angles, (knee not extend over feet) then return to starting position
- Never fully straighten the legs
- Do not use weights if you have knee injuries
- 15 reps x 2 sets. Light Weights

LEGS, BUTTOCKS AND HIPS - 2

PRONE TUCK

- Roll over the ball on your stomach until your knees are positioned on the ball
- Hands on the floor and shoulder width apart
- Tighten your stomach muscles to keep your back in a straight alignment
- Roll the ball in to bring your knees in under your hips
- Slowly roll back into starting position and repeat
- Avoid this exercise if you have lower back injuries
- 10 reps x 2 sets



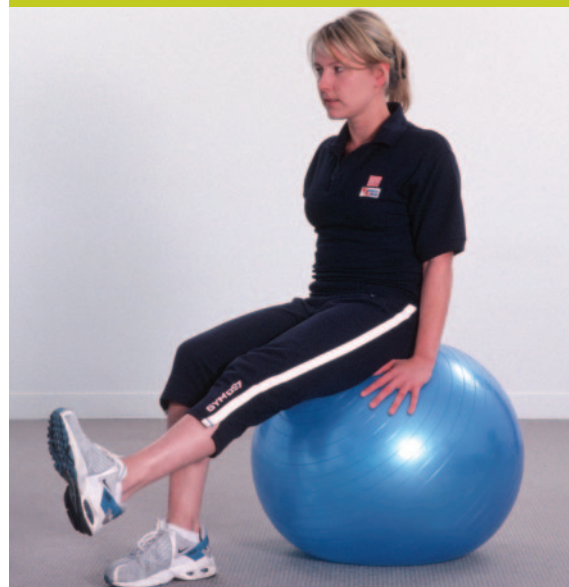
LUNGES

- Position the ball as in a "Squat" position
- One leg placed under the ball and the other out in front of the ball
- Back foot should be on toes
- Back should be in a straight alignment
- Push into the ball when rolling down the wall
- Only go as far down until front knee is at right angles
- Both legs should be bent
- Return to starting position and repeat
- Do not use weights if you have knee injuries
- 10 reps x 2 sets on each leg. Light Weights

LEGS, BUTTOCKS AND HIPS - 3

SEATED LEG RAISE

- Sit on the ball
- Hold onto the sides of the ball
- Keep the back in a straight alignment
- One foot on the floor
- Point the other foot towards the ceiling
- Keeping the leg straight, raise towards the ceiling
- Return to starting position.
- 15 reps x 2 sets



FISHKICKS

- Lie over the ball on your stomach, keep rolling over the ball until it is placed under your hips
- Keep both hands on the floor
- Keeping legs straight, alternate legs in a kicking movement
- Keep your neck in alignment with your spine
- 1 min x 3 sets

