

Muscular Strength/Endurance/Balance Stability Ball Workshop

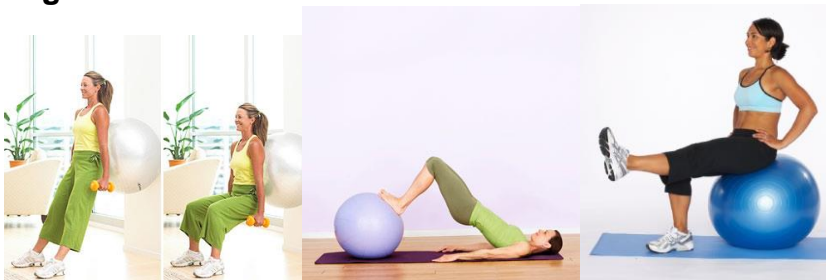
- I. **Stability Balls:** How to select ball size - based on height:
 - a. 4'11" to 5'4" height: 55 cm ball,
 - b. 5'4" to 5'11" height: 65 cm ball
 - c. 5'11" to 6' 7" height: 75 cm ball
- II. **Stability Ball as a Chair:**
 - a. Portable for office, home or travel
 - b. Alternate with traditional chair with low back support
 - c. One size up
- III. **Importance:**
 - a. Functional exercises; daily activities and sports related motions
 - b. Decreases stability thereby increasing difficulty
 - c. Balance – support/stabilizer muscles
- IV. **Frequency/duration :**
 - a. 1-3 x week or Daily (if different exercises)
 - b. 30+ seconds each exercise, or 10 reps strength, 12-15+ reps endurance 12+ minutes
 - c. 12-minute Circuit fashion (24 sets of 30 seconds) = 6 sets of 4, 4 sets of 6, etc
 - d. Alternate back and front exercise to maximize efficiency and effectiveness
 - e. PUSH, PULL, LEG, CORE/BALANCE
- V. **Push exercises:**



VI. Pull exercises:



VII. Leg exercises:



VIII. **Core/Balance exercises:**

a. Facing Up (Supine): hip lifts (on/off ball), crunch with ball



b. Facing Down (Prone): roll-outs, walk-outs, jackknives

