A close up of a logo

Description automatically generated ALL THE BALLS 1

KIT:

22CM PILATES BALL, SPIKY BALL, SWISS BALL, 2 X 1KG WEIGHTED BALL OR DUMBELL

MAT, SMALL TOWEL

START WITH 1 SET OF 10 REPS OF EACH EXERCISE AND PROGRESS UP TO 3 SETS. EXERCISES SHOULD BE PAINFREE BUT YOU MAY FEEL A STRETCHING FEELING IN SOME MUSCLES AND CONNECTIVE TISSUE

1. SPIKY BALL FOOT RELEASE
2. SPIKY BALL GLUTE RELEASE
3. DEEP NECK FLEXOR HEAD NODS ON DEFLATED BALL
4. DEEP NECK FLEXOR HEAD NODS WITH ROTATION ON DEFLATED BALL
5. BIRD DOG ARM ONLY WITH WEIGHTED BALL OR DUMBELL
6. BIRD DOG LEG ONLY
7. BIRD DOG ROW WITH WEIGHTED BALL OR DUMBELL
8. PRONE SWIMMING ARMS WITH WEIGHTED BALL
9. PRONE SWIMMING LEGS
10. PRONE SWIMMING ARMS AND LEGS WITH WEIGHTED BALL
11. SUPINE KNEE ROLL WITH PILATES BALL UNDER FEET
12. BENT KNEE FALL OUT WITH PILATES BALL UNDER FOOT
13. SWISS BALL SIT PELVIC TILT
14. SWISS BALL SIT WITH SINGLE LEG EXTENSION
15. SWISS BALL SIT WITH KNEE LIFT
16. SWISS BALL SIT WITH ARM OFFERINGS
17. SWISS BALL SIT WITH ARM OFFERINGS WITH WEIGHTED BALL
18. ROLL UP DOWN ON BALL

If you have any injuries or are recovering from surgery such as joint replacement please consult with your Physiotherapist before starting the exercises