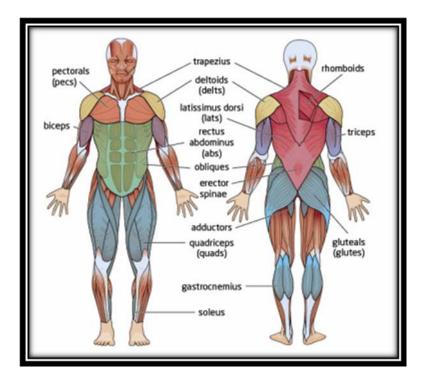
FULL BODY STABILITY / BOSU BALL

PRESCRIPTION: 3-6 SETS X 8-12 REPETITIONS X 30-90 SECOND REST

ESTIMATED TIME: 30 MINUTE- 1 HOUR



Picture found at: http://www.what-is-fitness.com



Stability Workout

Goal: Improve balance and get full body workout

Workout Volume: 3-6 sets X 8-12 repetitions X 30-90 second rest

Warm-up:

- 1. Jog 2 minutes on the track or treadmill. Jog at a moderate pace. You should be able to hold a conversation with someone.
- 2. Perform some dynamic movements of the body: full range of motion in hips, knees, ankles, shoulders and wrists. Do not hold any stretches as it could hinder performance and cause injury.

Workout:

- 1. Bosu Ball Squats: 3-6 sets X 8-12 repetitions X 30-90 second rest
 - a. Place the Bosu Ball with either the dome side up or the platform side up. Dome side up is easier and does not require as much stability and balance. The platform side is much more difficult and requires more use of the stability muscles in the back, knees and ankles. Stand there until you feel stable. When ready, push your hips back, bend your knees, and lower your body toward the floor. Stop when your knees are flexed to about 90 degrees. Hold this position for 2 seconds and then extend your knees to return to the original standing position. For a more difficult version of the exercise, hold a dumbbell in front of your chest while squatting. Perform 12-15 repetitions with 30-90 second rest between sets.







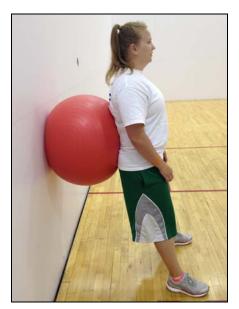
End Position: Front and Profile Views

- 2. Stability Ball Dumbbell press: 3-6 sets X 8-12 repetitions X 30-90 second rest
 - a. Use a pair of moderate weight dumbbells. You should be able to do 8-12 repetitions with effort. Also use a stability ball.
 - b. Lie back on the stability ball with your mid and upper back supported on the ball and your feet placed on the floor. For beginners, your knees should be bent 90 degrees with your feet flat on the floor. For a more advanced lift extend your legs straight out and keep your legs close together. This will cause you to have to balance more focusing on your core muscles. With the weights in each hand, extend your arms above your chest. Lower the weights towards the midline of your chest. Focus on contracting your chest muscles on the way down. Before you hit your chest, push the weights back up above the chest. Perform 12-15 repetitions with 30-90 second rest between sets.





- 3. Stability Ball Wall Squat: <u>3-6 sets X 8-12 repetitions X 30-90 second rest</u>
 - a. Place the stability ball against a wall and lean against the ball with the lower part of your back. Place your feet far enough forward so that you bend into the squat position and your knees do not extend out past your toes. When ready, bend your knees into the squat position. The ball will roll up your back as you squat down and then will roll down when you stand up. Hold this position at the bottom for 2 seconds. Contract your glute muscles, extend your knees, and return to your original sitting position. Perform 12-15 repetitions with 30-90 second rest between sets.





- 4. Bosu Ball Biceps Curls: <u>3-6 sets X 8-12 repetitions X 30-90 second rest</u>
 - a. Use a pair of moderate weight dumbbells. You should be able to do 8-12 repetitions with effort. Also use a Bosu Ball.
 - b. Place the Bosu Ball either dome side up or the platform side up. Dome side up is easier and does not require as much stability and balance. The platform side is much more difficult and requires more use of the stability muscles in the back, knees and ankles. Place your feet on the ball and gain your balance. Keep your abdominals contracted and your knees slightly bent. When ready, bend your elbows to curl the dumbbells toward your shoulders, stopping 2-3 inches from the front of your shoulders. Extend your elbows to lower the dumbbells back toward your thighs. Perform 12-15 repetitions with 30-90 second rest between sets.
 - c. You can do both arms together or alternate left and right.





- 5. Bosu Ball Shoulder Press: 3-6 sets X 8-12 repetitions X 30-90 second rest
 - a. Use a pair of moderate weight dumbbells. You should be able to do 8-12 repetitions with effort. Also use a Bosu Ball.
 - b. Place the Bosu Ball either dome side up or platform side up. Dome side up is easier and does not require as much stability and balance. The platform side is much more difficult and requires more use of the stability muscles in the back, knees and ankles. With the dumbbells in each hand step carefully on to the Bosu Ball. When you are stable, bring the weights up towards your shoulders so that your palms are facing away from you. This is the starting position. To begin the lift, contract your shoulder muscles and your upper back and push the weights above your head. Extend your arms but do not lock your elbows at the top. Slowly lower the weights to your shoulder. Perform 12-15 repetitions with 30-90 second rest between sets.





- 6. Stability Ball Jack Knife: 3-6 sets X 8-12 repetitions X 30-90 second rest
 - a. Use a stability ball and find an open area to work in.
 - b. Place your hands shoulder-width apart on the ground. Place your feet with your shoe laces on the ball about shoulder-width apart or your knees on the ball for beginners. Extend your legs and hold your body above the ground. Make sure you keep your abdominals contracted and that your back stays in a straight line. When you are balanced, pull your knees to your chest by contracting your abdominals and hold for 2 seconds. Then, extend your legs again to starting position. Perform 12-15 repetitions with 30-90 second rest between sets.





- 7. Bosu Ball Overhead Triceps Extensions: 3-6 sets X 8-12 repetitions X 30-90 second rest
 - a. Place the Bosu Ball either dome side or platform side up. Dome side up is easier and does not require as much stability and balance. The platform side is much more difficult and requires more use of the stability muscles in the back, knees and ankles. With a dumbbell in hand, step onto the Bosu Ball and get your balance. Focus on keeping your abdominals contracted and your knees slightly bent throughout this exercise. The starting position is with your arms straight above your head with the weight in both hands. Do not lock your elbows. To begin lower the dumbbell down behind your head, your elbows should be pointed toward the ceiling. Contract your triceps (the back of your upper arm) and extend your elbows so the weight returns to its original position over your head. Perform 12-15 repetitions with 30-90 second rest between sets.





- 8. Stability Ball Back Extensions: 3-6 sets X 8-12 repetitions X 30-90 second rest
 - a. Grab a stability ball and an open space of floor.
 - b. Lie on your stomach on the stability ball. Place your feet in a wide stance, shoulder-width or wider, for more difficulty keep knees off the ground. Place your hands behind your ears, but do not pull on your neck or head. When you have your balance contract your back muscles and pull your chest away from the ball. Do not extend to far to avoid straining your back. Then lower yourself back to the ball. Perform 12-15 repetitions with 30-90 second rest between sets.





- 9. Stability Ball Crunches: 3-6 sets X 8-12 repetitions X 30-90 second rest
 - a. Sit on the stability ball and then slowly walk your feet forward until your entire back is supported by the ball. Place your hands either behind your head (but do not clasp your hands) or crossed in front of your chest. When ready, contract your abdominals and lift your shoulder blades off the ball. Hold this contraction for 2 seconds and then slowly lower your shoulder blades back down onto the stability ball. Perform 12-15 repetitions with 30-90 second rest between sets.





Cool Down:

- 1. Great job! You did it! Now take a few laps around the track, either jogging or walking.
- 2. Stretch. Focus on your shoulders, biceps, upper and lower back, quads and inner thighs. Hold each stretch for 10-30 seconds

Stability Workout							
Exercises	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	
Bosu Ball Squats							
Stability Ball Dumbbell Chest Press							
Stability ball Wall Squat							
Bosu Ball Biceps Curls							
Bosu Ball Shoulder Press							
Stability Ball Jack Knife							
Bosu Ball Overhead Triceps Extensions							
Stability Ball Back Extensions							
Stability Ball Crunches							

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