

Exercise Ball Total Body Workout

Improve Strength, Flexibility and Coordination

Norco[®] Exercise Balls help improve core stabilization by training the muscles of the spinal column as the body works to stay in balance. This poster shows some suggested exercises that can be used for improving strength, flexibility and coordination. These latex-free*, heavy-duty exercise balls will not burst if punctured, and can be used while seated, standing, on the ground or against a wall. Norco[®] Exercise Balls are extremely versatile and can be used for flexibility, strengthening, adaptive, developmental and rehabilitation programs.

* Not made with natural rubber latex.

Basic Guidelines and Precautions

Please read instructions fully. The exercises and repetitions indicated are examples for general use. Workouts can be customized to suit individual needs.

- Before beginning any exercise program, please consult with a healthcare professional.

- Always warm up and cool down before and after workouts. Perform movements slowly and in a controlled manner for best results.
- Wear comfortable clothing. Remove any sharp objects (jewelry, watches, buckles, etc.) that could puncture the ball.
- Maintain optimal posture and regular breathing while exercising. **Neutral Sitting Position:** Hips and knees should form 90° angles, chest up, shoulder blades down, navel squeezed towards spine, head held directly above shoulders.
- Stop immediately if any exercise causes pain or discomfort.

Balls are for indoor use only and not intended for heavy weightlifting. Do not over-inflate or bounce on ball. Keep away from heat. Ensure workout area is clear of sharp objects.

Complete Balance



Advanced exercise. Use caution.

Strengthens abdominal, arm and leg muscles. Improves balance.

Sit on ball in neutral position. Extend arms out to sides. Lift and extend legs in front of you, away from the ball. Hold 5 seconds and repeat 5 times.

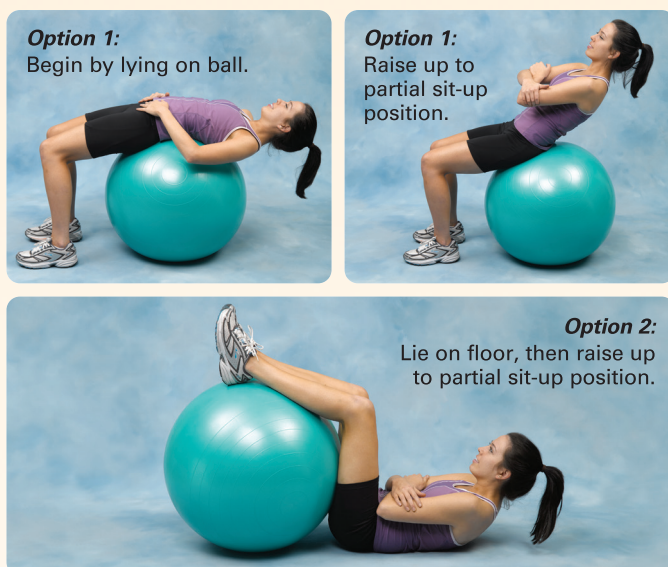
Wall Squat



Strengthens buttock and front thigh muscles.

Place ball between wall and the small curve in your back. Bend your knees gradually until they are at a 90° angle. Knees should not extend over toes. Do 2 sets of 10 repetitions.

Sit-Up



Option 1: Begin by lying on ball.

Option 1: Raise up to partial sit-up position.

Option 2: Lie on floor, then raise up to partial sit-up position.

Strengthens upper abdominal muscles.

Option 1: Lie on ball in neutral position, knees at a 90° angle. Contract abdominals, tuck chin slightly, and raise head and upper chest about 30°, then lower. Do 2 sets of 10 repetitions.

Option 2: Lie on floor with legs on ball. Fold arms across chest and raise head and upper chest to about 30°, then lower. Do 2 sets of 10 repetitions.

Arm and Trunk Stretch



Stretches torso and strengthens abdominal, arm and neck muscles.

Sit on ball in neutral position with arms crossed at chest. Lean back slightly and extend arms overhead. Repeat 5 times.

Marching



Stabilizes trunk. Strengthens and improves coordination of hip and shoulder muscles.

Sit on ball in neutral position. Raise right arm and left knee. Lower. Repeat with opposite arm and leg. Do 2 sets of 10 repetitions, alternating arms and legs.

Lower Trunk Rotation

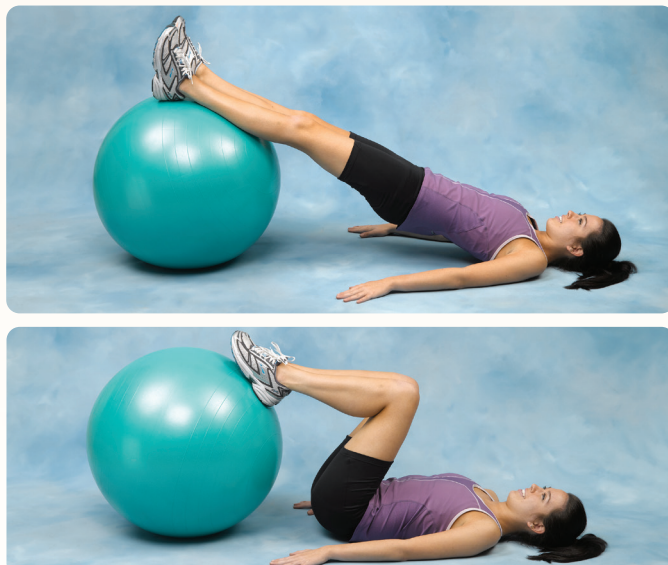


For the most effective results, work on keeping the arms and shoulders flat on the floor while slowly moving the legs from side to side in a controlled manner.

Stretches torso muscles.

Lie down with back on floor, and legs on ball. Roll ball from side to side using knees while keeping arms flat on the floor. Do not lift shoulders off the floor. Hold for 5 seconds and repeat 5 times, alternating sides.

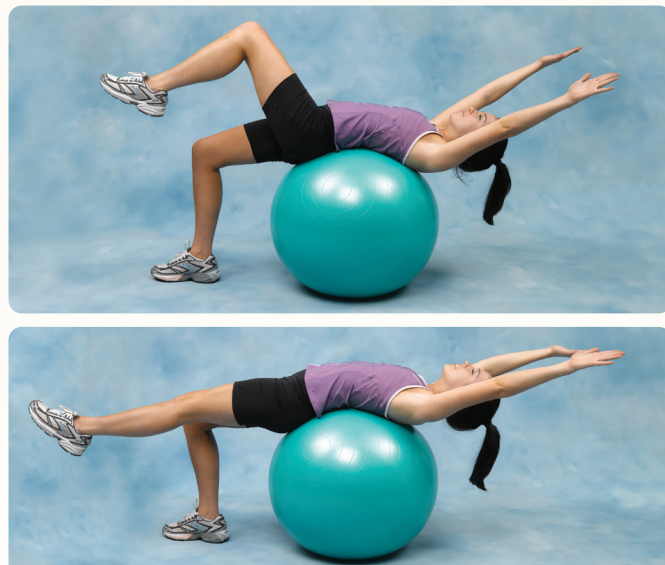
Hip and Knee Extension / Flexion



Strengthens lower back, buttock, leg and shoulder muscles. Improves balance.

Lie with back on floor, feet and lower legs on ball. Contract buttocks and raise body to straight position. Arms remain on floor. Lower hips while using feet to roll the ball in towards the body. Hold 5 seconds and repeat 10 times.

Leg Extension



Strengthens hip, leg, back and lower abdominal muscles. Improves balance.

Lie with back on ball, knees bent at a 90° angle. Raise knee toward ceiling, then extend it out. Repeat with opposite leg. Repeat 10 times, alternating legs.

Trunk Flexion / Extension



Strengthens and stretches arm, shoulder, lower back and buttock muscles.

Sit on floor with lower legs on ball. Straighten legs and arms, positioning hands so that fingers are pointing away from ball. Lift hips off floor, keeping body in a straight line. Hold for 5 seconds and repeat 10 times.

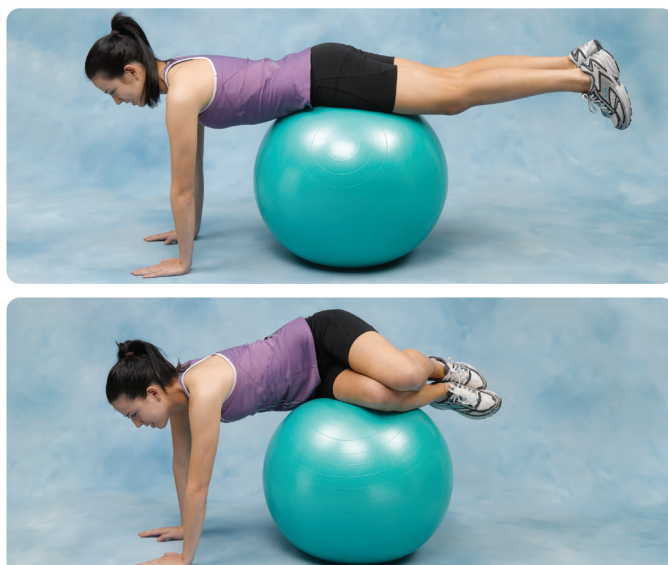
Push-Up



Strengthens arm and shoulder muscles. Improves balance.

Place abdomen on ball, legs extended, toes on floor. Place hands on ball in push-up position, one hand on each side of ball with elbows bent. Push body up off ball, extending arms into raised push-up position. Repeat 10 times.

Hip Flexion with Trunk Rotation



Strengthens arm, back, neck and abdominal muscles. Increases back and hip flexibility.

Start in prone position with thighs on top of ball, hands on floor with arms and legs extended, body in a straight line. Bend knees and rotate hips, drawing legs up to chest until the outer side of bottom leg is resting on ball. Repeat with opposite side. Repeat 10 times, alternating sides.

Hip Extension



Strengthens back, buttock, leg, abdominal and arm muscles. Improves balance.

Start in prone position with body in a straight line, thighs on top of ball, hands on floor and legs extended. Walk arms out until feet are on top of ball. Keep legs straight. Lift one leg up toward ceiling to 45° elevation. Repeat with opposite side. Repeat 10 times, alternating legs.

Roll-Out



Strengthens abdominal, back and shoulder muscles.

Kneel with elbows bent and placed on top of ball, hands clasped together. Roll ball forward with elbows. Return to starting position. Repeat 10 times.

Trunk Extension



Strengthens arm, back and neck muscles.

Place abdomen on ball, relaxing the upper body forward, toes on floor. Raise trunk and arms up towards ceiling, stopping when back is in a straight position. Keep head aligned between arms. Hold for 5 seconds and repeat 10 times.

