

Strengthening Exercises with Exercise Balls

Upper Body Strengthening Exercises



Ball/Palm Squeeze (Chest Muscles)

While standing, bring your hands together with your palms facing each other
Keeping your elbows out to the sides, press your palms into the ball.
Repeat 8-12 times.



Underarm Ball Squeeze (Chest and Shoulder Muscles)

Place an exercise ball under your arm
Squeeze the ball between your arm and the side of your body
Release the pressure
Repeat 8 – 12 times



Bicep Curl (Upper Arm Muscles)

Place an exercise ball on your shoulder
Place your palm on the ball
Squeeze the ball with your palm into your shoulder
Release the pressure
Repeat 8 – 12 times



Tricep Strengthening (Upper Arm Muscles)

Shimmy to one side of your chair
Place an exercise ball on the back of your chair
Place your elbow on the exercise ball
Press your elbow into the ball, squeezing the ball into the back of the chair
Release the pressure
Repeat 8 – 12 times

Back Strengthening Exercises



Latissimus Dorsi Strengthening (Muscles Along the Side of Back)

Place a ball on one side of your body
Place your elbow on the ball
Arm is at nearly a 90° angle, pointing away from body
Press your elbow into the ball
Release the pressure
Repeat 8 – 12 times



Back Extensions (Erector Spinae, Lower Back Muscles)

Sit up nice and tall, feet flat on the floor
Place an exercise ball in the curve of your lower, middle back
Cross your arms over your chest
Keep back straight and slowly lean backward, squeezing the ball by hinging at your waist
Slowly return to the start position
Repeat 15-20 times

Abdominal Muscles



Small Ball Knee Push (Abdominal Muscles)

Sit half-way back on a chair with your feet on the floor
Keep your back straight
Place a ball on one thigh
Place one hand on the ball, and the other hand on top of that hand
Press down on one thigh with both hands while lifting the leg up off the floor
Hold for five seconds
Release the pressure
Repeat 15 – 20 times



Straight Leg Lifts

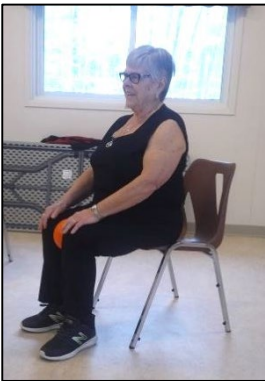
Place an exercise ball between your ankles
Sit up tall in your chair, back straight
Hold on to the sides of your chair with both hands
Engaging the abdominal muscles, lift the ball with both legs, extending the legs until they are straight
Lower the ball back to the ground
Repeat 15 – 20 times

Lower Body Strengthening Exercises



Ball Push (Upper Leg Muscles)

Place exercise ball under the arch of one foot
Sit up tall in your chair, back straight
Push straight down on the ball with foot
Release the pressure
Repeat 8 - 12 times



Leg Squeeze (Inner Leg Muscles)

Sit tall in your chair, feet flat on the floor, back straight
Place the exercise ball between your legs
Squeeze the exercise ball between your legs
Release the pressure
Repeat 8 – 12 times



Ball Squeeze (Outer Leg Muscles)

Sit tall in your chair, feet flat on the floor, back straight
Place the exercise ball beside one leg
Place your palm on the other side of the ball
Squeeze the ball by applying equal pressure with the palm and the leg
Release the pressure
Repeat 8 – 12 times



Sit to Stand (Leg muscles)

Sit up tall in your chair, feet flat on floor hip width apart, back straight
Hold the ball close to your body with both hands, elbows tucked into the body
Hinging from the hips, slowly rise to a standing position
Return to a seated position, keeping your head up.
Repeat 8 – 10 times
Progression: Small squats. Repeat the movement, but stop just short of sitting in the chair.