

Fit Minded Olympic Challenge

Abdominal Training Workout #2:
Physio Ball Workout

1-3 sets of 16-20 repetitions Ball Balance



Lie face down on the ball, positioning it under your abs and hips.

Place your hands on the floor, shoulder-width apart, and engage the leg muscles to keep the lower body active.

Slowly lift the right arm straight out to the side, using your core and the left arm to stabilize your body.

You'll probably roll around a bit, so take your time and stay near a wall for balance if needed.

Hold the right arm up for a few seconds and lower back down, lifting the left arm.

Alternatives for Physioball: Stand on one leg with your opposite arm held away from your body. Stand for 20-30 seconds each leg.

Planks – Hold for 30 seconds

Lie on the ball on your stomach, with your feet touching the floor behind the ball.

Lean forward until you touch the floor with your hands.

Walk your hands away from the ball until you feel the ball reach your upper thighs, as shown.

Keep your feet suspended above the floor while you balance on your hands and on the ball. Keep your shoulders directly above your hands.

Tighten your abdominal muscles.

Hold for three deep breaths or as long as you can maintain your balance and form.

Return to the start position and repeat.



Alternatives for Physioball: Rest legs on the edge of the couch.

1-3 sets of 16-20 repetitions Hamstring Curl



Lie on your back, with your legs extended and heels resting on the ball.

Press your heels into the ball, contract your abs and glutes, and lift your hips so your body forms a straight line from your feet to shoulders.

Immediately bend your knees and roll the ball in toward your butt.

Extend your legs and roll ball back out, dropping hips to starting position.

For an added challenge: keep hips off the floor for entire set.

Alternatives for Physioball: Rest legs on the edge of the couch.

1-3 sets of 16-20 repetitions Hand-to-Foot Ball Pass

Lie on your back, with your legs extended on floor.

Hold the ball with both hands, and extend arms back over your head.

Raise arms and legs toward each other, lifting your head and shoulders as you do.

When your hands and feet are directly up, transfer the ball to your feet, then lower your arms and legs back to the floor.

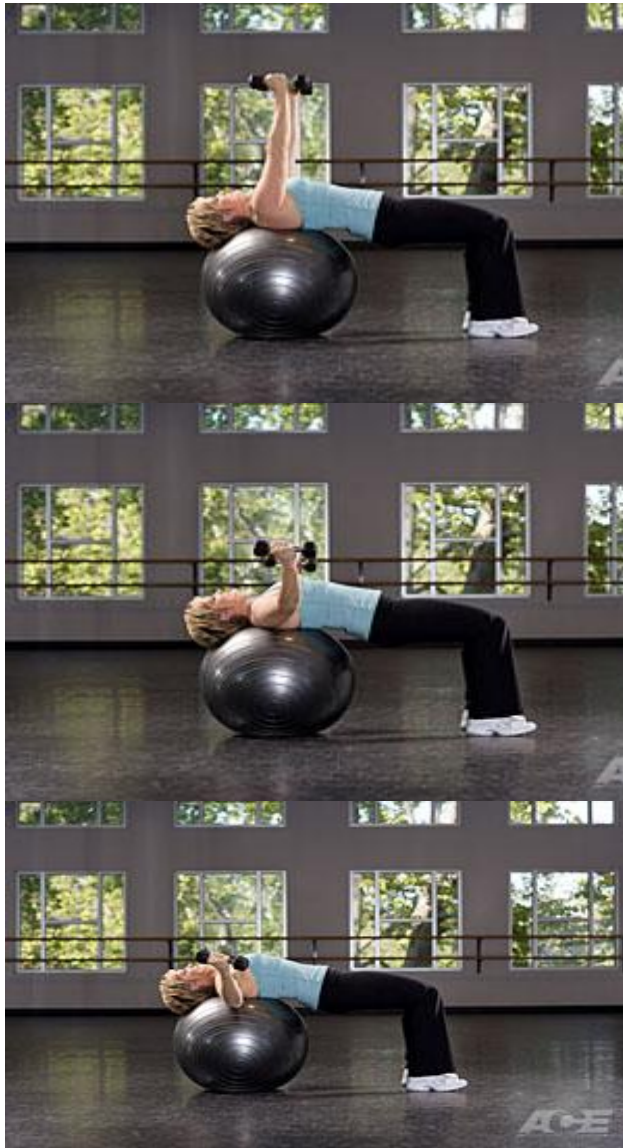
Repeat, this time switching the ball from your feet to your hands at the up position.

That's one rep.

Alternatives for Physioball: If you don't have a physioball, perform this exercise with any type of ball (e.g., basketball).



1-3 sets of 8-12 repetitions Stability Ball Dumbbell Fly



Sit on the stability ball holding each dumbbell and your feet flat on the floor, as shown in first picture. Feet should be parallel and shoulder width apart. Knees are bent to about 90 degrees with your thighs and torso at or nearly parallel to the floor.

Distribute your weight evenly through your feet.

Position the dumbbells near your chest and armpits with your palms facing one another. Keep the wrist in a neutral position (straight, not bent).

Exhale, engage your abdominal/core muscles to stabilize your spine.

Slowly press the dumbbells upward to a position directly above your chest. Arms should be shoulder-width apart or closer, with your elbows straight but not locked.

Throughout the movement remember to keep your feet pressed into the ground and the hips pushed up towards the ceiling. This will create stability for your body during the movement.

Downward Phase: Inhale and slowly lower the dumbbells in a wide arc until the dumbbells are level with or near the height of your chest. Try to keep the dumbbells parallel with each other, a very slight bend in the elbows and wrists in neutral position (straight, not bent). Your head, shoulders and upper back should be resting on the ball, and your torso and thighs should be parallel with the floor at all times.

Upward Phase: Return the dumbbells toward the ceiling following the same soft arc pattern of the downward phase. Avoid the tendency to thrust your hips upwards and arch your back.

Alternatives for Physioball: Rest upper back on the edge of the couch.

1-3 sets of 8-12 repetitions Stability Ball Overhead Tricep Extension

Sit on a stability ball with both feet firmly placed on the floor, hip-width apart or wider.

Hold a dumbbell with both hands wrapped around the dumbbell handle. Brace your abdominal/core muscles to stabilize the spine. Pull your shoulder blades down and back. Do not allow your back to arch. Your head should be aligned with your spine.

Maintain these engagements throughout the exercise.

Upward Phase: Exhale. Slowly press the dumbbell overhead.

Straighten your elbows until your arms are vertical to the floor. Your elbows are pointing forward; straight but not locked. The dumbbell should be positioned directly over your head with your palms facing upwards and the dumbbell hanging vertically from your palms. Maintain your balance. Do not change the position of your head, torso, upper arms, wrists or feet. Keep your feet pressed into the floor.

Downward Phase: Inhale. Bend your elbows in a slow and controlled manner, lowering the dumbbell behind your head. Do not allow the upper arms to move. Continue to bend the elbows to a 90 degree bend or until your upper arms begin to move backward. Do not make contact with the back of your head. Do not change the position of your head, torso, upper arms, wrists or feet. Slowly straighten the elbows and return to start position. Repeat.



Alternatives for Physioball: Sit on a chair, stand, or try standing on one foot to engage your core as you would on the ball.