

SmartBall

Exercise System

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TRAINING GUIDES AVAILABLE FROM
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PERFORM THESE EXERCISES
SmartBall ACCREDITED
INSTRUCTION

DO NOT PHOTOCOPY

SmartBall Mobilising Exercises (M1-M3)

M1-Leg Rolls.

(image 1-2) Lying on your back with your arms spread out, rest your calves comfortably on the SmartBall. Now roll the ball gently from side to side, feeling the gentle movement in your lower back. Continue for around one minute.

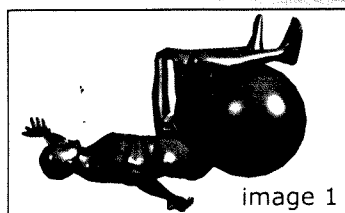


image 1

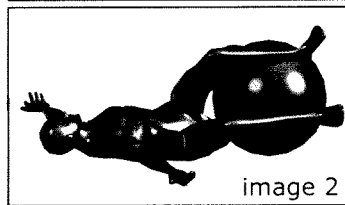


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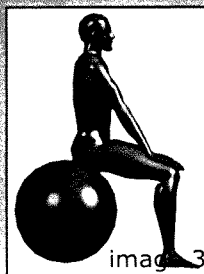


image 3

M2-Sitting Mobilisation.
(image3) Start off sitting on top of the ball with your feet shoulder width apart. Gently roll the ball forwards and backwards, then side to side, just by moving your pelvis. Now try circles. Try to increase the size of your circles while keeping control of the ball.

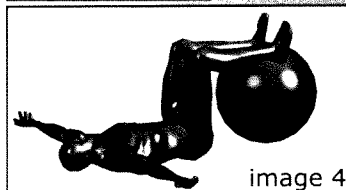


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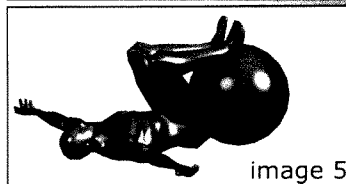


image 5

M3-Hip Bends.
(image 4-5) Lying on your back with your heels on the ball, roll the ball back and forth gently, feeling your lower back move for around one minute.

SmartBall Stretching Exercises (M4-M7)

M4-Chest Drop.

(image 6) Kneeling in front of the ball, rest your fists on top of it. Roll the ball forwards by moving your upper body, resting your forehead on the ball. Keep your hips behind your knees. Gently drop the chest towards the ground, stretching the upper back. Maintain the stretch position for up to one minute, drawing small circles with the ball.

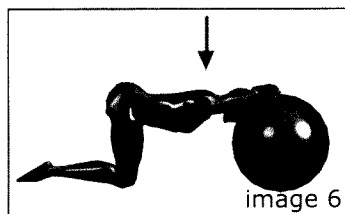


image 6

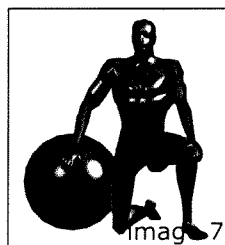


image 7

M5-Side stretch.

(image 7-8) Begin on your right knee and left foot. Bring the SmartBall to the side of your right thigh, then lower the right side of your body over the ball. Place your right hand on the ground for balance. To increase the stretch reach the left hand overhead, or push through the left foot and roll further over the ball. Hold for up to one minute. Don't forget to do both sides!

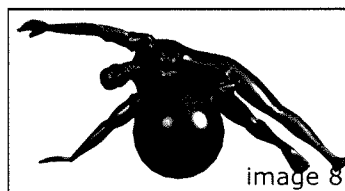


image 8

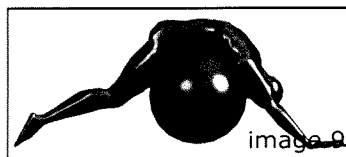


image 9

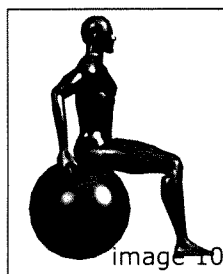


image 10

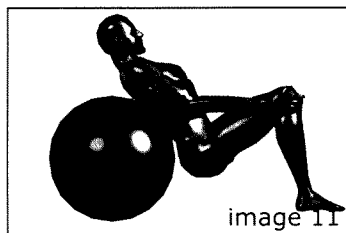


image 11

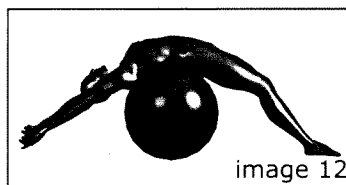


image 12

M6-Prone Slump.

(image 9) Kneeling in front of the ball, bring the ball to your thighs, then lower your body over the ball, placing your hands on the ground. Rest your chin on the ball and relax, feeling the stretch. To increase the stretch, push through your toes and roll further over the ball, taking your knees off the ground. Maintain the stretch position for up to one minute.

M7-Back Drape.

(image 10-12) Begin sitting on the SmartBall (**Step One**). Slowly walk your feet forwards so that your buttocks roll down the front of the ball (**Step Two**). Keeping your feet wide apart, lie your back over the ball. Relax backwards, resting your head on the ball if comfortable (**Step Three**). To increase the stretch, roll back further and reach your arms above your head. Maintain the stretch position for up to one minute.