

# SmartBall

## Exercise System

# exercise card

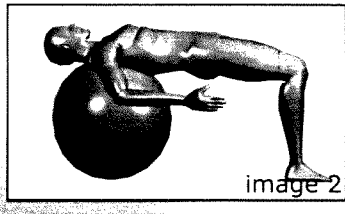
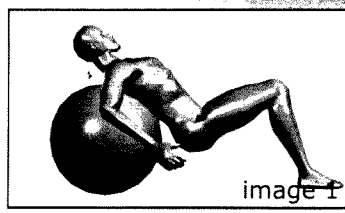
card

THESE EXERCISES  
SmartBall ACCREDITED  
INSTRUCTION

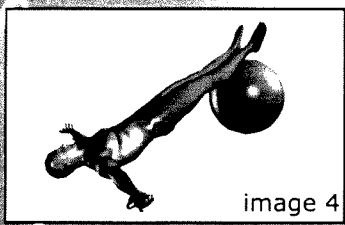
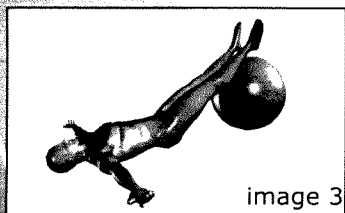
DO NOT PHOTOCOPY

### SmartBall Stabilising Exercises (S1-S6)

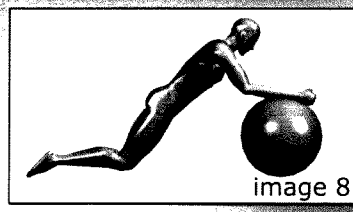
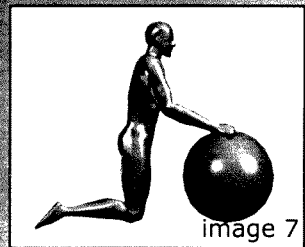
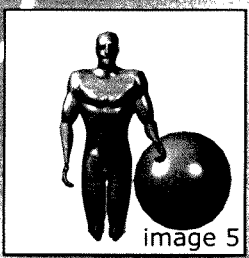
**S1 - Ball Bridge.**  
(image 1-2) Starting off lying back over the ball with your buttocks free of the ball, gently clench your buttocks and draw your belly button in. Hold for ten seconds, then release. To increase difficulty, increase duration, number of repetitions, or bring your feet closer together.



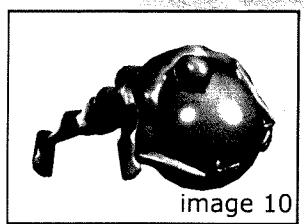
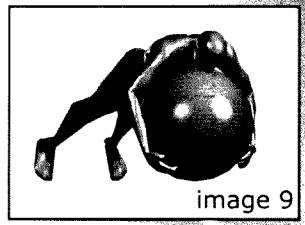
**S2 - Floor Bridge.**  
(image 3-4) Begin lying in front of the ball with your calves resting on top of the SmartBall and your knees slightly bent. By contracting your buttocks, flatten your back, then continue this movement so that your hips lift off the ground. Continue until your body is a straight line through the hips. Hold for around ten seconds, then release. This exercise is easiest with the arms spread out, and can be progressed by bending the elbows, then crossing the arms across the chest.



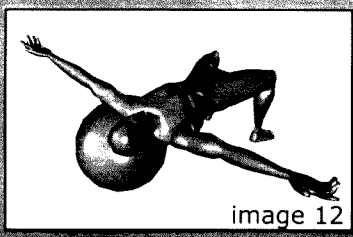
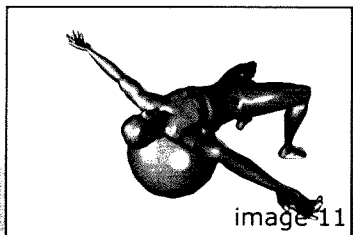
**S3- Leaning Tower.**  
(image 5-6) Kneeling with the SmartBall to your left, place your forearm on the top of the ball pointing forwards. Roll the ball left by lifting the right knee off the ground, but DO NOT ALLOW THE BACK TO CURVE. Hold this position for around ten seconds. Taking the ball further away will increase the difficulty. Don't forget to do both sides!



**S4- Wheelbarrow.**  
(image 7-8) Begin kneeling in front of your SmartBall. Rest your fists on the top of the ball, then roll the ball forwards so that your forearms rest on the ball. Allow your hips to pass forward of your knees but DO NOT LET YOUR BACK ARCH. Hold here for ten seconds, then release. Repeat ten times.



**S5- Hug & Roll.**  
(image 9-10) From kneeling, lie your chest down over the SmartBall. Push through your toes so that your knees lift off the ground. Now take your hands off the ground and 'hug' the ball. Make sure your feet are placed wide apart, then roll the ball gently from side to side. Progress this exercise by bringing the feet closer together or rolling the ball further from side to side.



**S6- Aeroplane.**  
(image 11-12) Lie back over the ball and clench the buttocks so that the hips are elevated and level. Spread your arms outward into a 'crucifix' position. Gently move the ball from left to right, keeping your body flat. To increase the difficulty bring your feet closer together or increase the size of your left to right movement, but DO NOT FORGET TO KEEP YOUR HIPS ELEVATED AND FLAT.