

Gym Ball Exercise Programme

Please complete this programme _____ per day

Tick the required exercise below

1. Sitting



- Sit in the centre of the gym ball with your back straight, hips and knees at 90 degrees and feet flat on the floor.
- Tighten tummy muscles, roll shoulders back, tuck chin in and gently bounce on the ball keeping good posture.
- **Progressions** – first try alternate arm raises keeping body nice and still, then knee raises. Then if you can try do both together.
- Repetitions

2. Waking up core



- Stand in a good posture with chin tucked in, shoulders rolled backwards, tummy muscles tightened and feet flat on the floor.
- Gently bounce the gym ball in a circle around you maintaining a good posture. Repetitions

3. Leg extensions



- Set up as in ex.1
- Slowly lift up one leg just off the floor and then straighten your knee.
- Hold for seconds then gently lower. Repetitions

4. Roll downs





- Set up as in ex.1
- Slowly walk your feet forwards keeping good control posture and lie back down onto the ball so you end up with your feet flat on the floor, knees at 90 degrees and shoulders resting on the ball. Repetitions

5. Shoulder Bridge



- Lie on the floor with your feet and ankles resting on a gym ball.
- Breathe in then out and gently roll your lower back into the mat and peel your spine off the mat, until you are resting on shoulder blades.
- Breathe in and out gently and hold this position for
- Gently lower back down to the mat, one bone at a time.
- Repetitions Tip: the further away the ball the harder it will be!



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6. Supermans



- Lie frontwards on the gym ball with your tummy muscles tight.
- Slowly lift one leg up off the floor keeping the ball still and good balance, if you can then slowly lift the opposite arm off the floor keeping tummy muscles tight and the ball still.
- Hold for seconds. Repetitions

7. Arm Movements



- Lie on your back, tighten your tummy muscles, hold the gym ball in your hands and lift the ball above your head.
- Start moving your arms and drawing shapes with the ball.
- Hold for Seconds. Repetitions

8. Sit ups with gym ball



- Set up as in ex. 7
- Slowly lift your arms and bring the gym ball behind your head.
- Keep tummy muscles tight and do a sit up with the gym ball.
- Pass the ball to your seated partner who can slowly lie down onto their back keeping their tummy muscles tight.
- Repeat the opposite way around. Repetitions

9. Wall slides



- Stand against a wall with the gym ball behind your back.
- Keep your tummy and bottom muscles tight and slowly bend your knees and slide down the wall
- Hold for seconds then gently straighten your knees and slide back up the wall. Repetitions

10. Plank



- Lie over the top of the gym ball then roll forwards and rest with your hands on the floor directly underneath your shoulders and your feet resting on the gym ball.
- **Progression** – Keeping your back straight, pull your knees in towards your chest allowing the ball to roll forward under your ankles.
- Hold for seconds. Repetitions

11. Hamstring Curl



- Lie on your back on the floor with your arms by your side and your tummy muscles tightened.
- Lift your legs up and place your feet on the gym ball.
- Bend your knees and roll the ball towards you with your feet
- Then gently straighten your knees and roll the ball away from you. Repetitions

