



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BALL EXERCISES-Whatcom Family YMCA 9/2020

LEG EXERCISES:

- **Quadricep Extensions**-extend lower leg, push through heel. Seated or standing.
- **Hamstring Curls**-standing with chair/wall for support, heel toward rear, best range of motion. Seated-heel into ball into chair leg.
- **Around Hip**-straight leg forward, side leg raise, hip extensions.
- **Adduction**-ball between legs, above knee, joint. Push on ball with legs. Slow, fast, hold.

CHEST PRESS-hold ball at chest level and press, vary speeds, add a hold. Elbows down is easier on your wrists.

SHOULDER ROM-hold ball behind back with hands facing each other, chest up, shoulders down and lift.

BACK MASSAGE-place ball between low back and chair. Move your body gently & slowly to massage the low back.

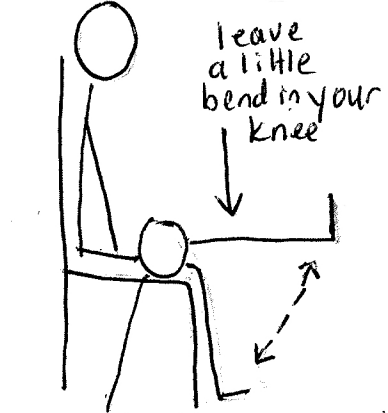
BACK EXTENSION/TORSO ROTATION-easier-place ball by low back, more challenging-place ball mid-back. Inhale & sit tall, exhale and press back with back extensors, not legs (stay back), inhale center & exhale turn to side drawing abdominal wall in, inhale center, exhale turn to other side, inhale center, exhale & sit tall.

ABDOMINAL CURL-place ball between low back and chair. Inhale and sit tall, exhale and press low back into the ball into the chair. Rib cage moves toward hip bone, bellybutton moves toward spine, chin does not tuck to chest.

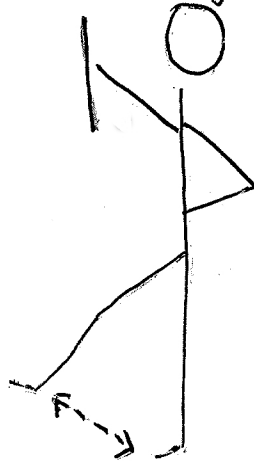
FINGER STRENGTH-variety of squeezes on the ball: all fingers slow, fast and hold, fingers in pairs, numbered exercise.

Quadricep Extensions

seated

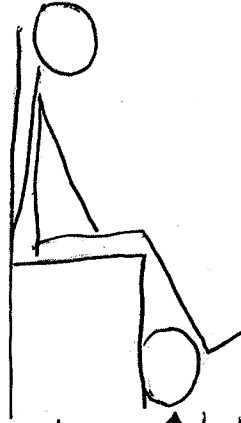


standing

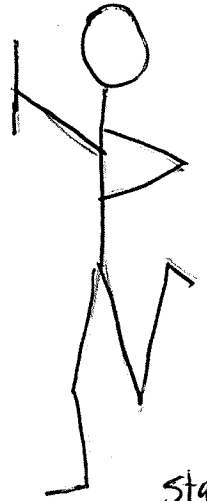


Hamstring Curls

seated

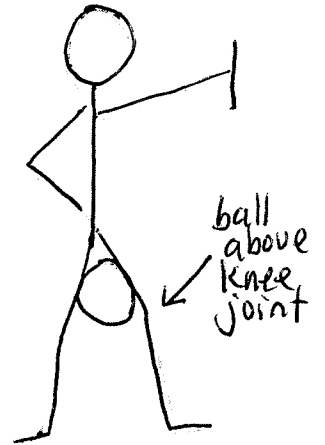
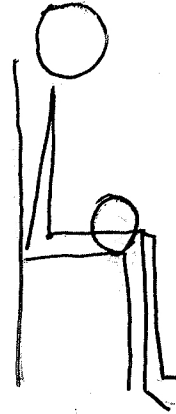


standing



ball above knee joints for adduction bonus

Around Hip

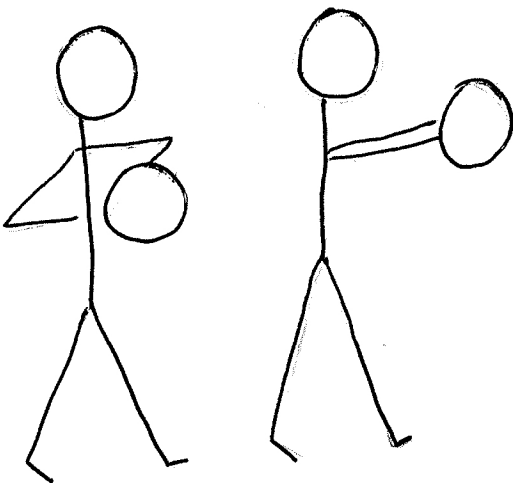


leg lift front (side view)

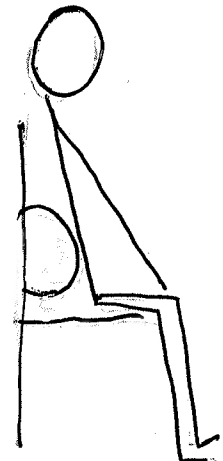
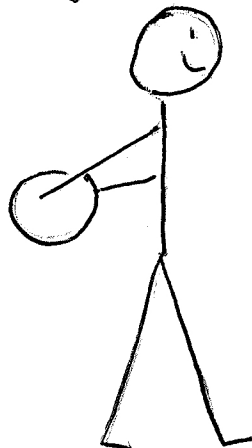
lift side (front view)
lead with ankle bone

lift back (side view)

Adduction



Shoulder ROM (range of motion)



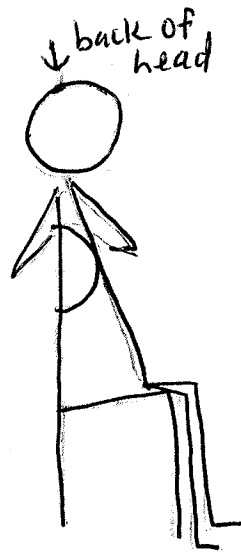
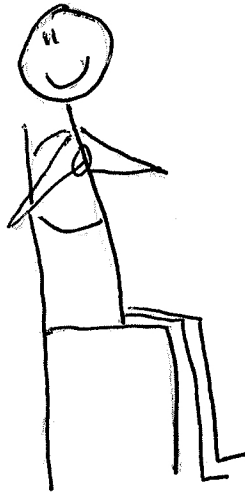
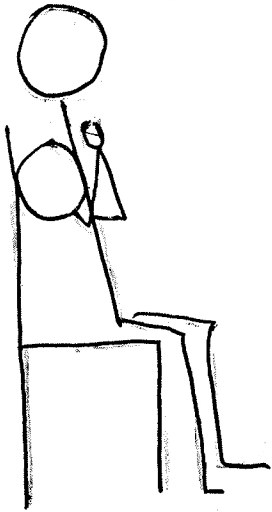
Chest Press

Back Massage

Back Extension/Torso Rotation

facing front

→
ball
by
upper
back

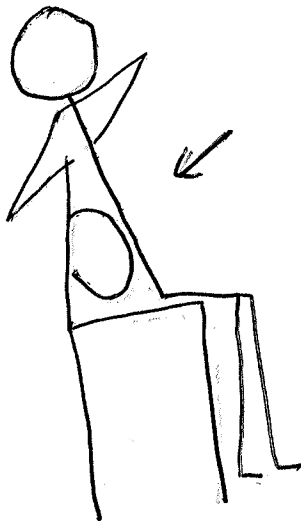
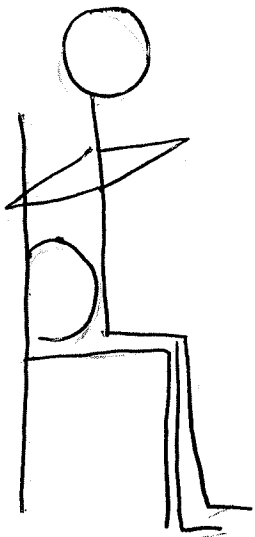


Finger Strength



squeeze
fast, slow,
with a hold,
with pairs of
fingers (pointer/
pointer, middle/
middle etc)

Abdominal Curl
(ball by lower back)





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BALANCE EXERCISES-Whatcom Family YMCA 9/2020

Note: For all balance exercises, be sure to have something sturdy to support you even if you don't think that you will need it. On one-legged exercises, expect that one side will feel more stable than the other. It is fine to feel a little shaky, we want you to feel challenged, but if you feel like you might tip over, please go back in the progression of the exercise or take a rest break. If any of the exercises hurt during, or after, please discontinue. There are many ways to challenge balance so there is no need to do an exercise that doesn't work for your body.

SINGLE LEG BALANCE-stand on one foot-may have other foot entirely off the floor or toe remaining on floor next to flat foot. May hold chair/wall or not. When confident in single leg balance, may close eyes. This is a significant increase in challenge so be sure to have something stable to hold onto.

TANDEM BALANCE-stand with one foot directly in front of the other, heel to toe. Lift up on heels & hold. Come down, lift up toes and hold. If straight tandem is too difficult, still stand heel to toe but stagger your feet a foot's width. Switch which foot is in front.

- Add visual challenge by watching one finger up & down, to the right and center, to the left and center - have support near you.
- Add variety by walking tandem, or staggered (foot width), forward and back. Again, have support handy.

TREE POSE-stand on one leg. Each choice is progressively more challenging:

- Toe down, knee forward
- Toe down, knee side
- Foot on calf, knee side
- Let go of support
- Arms up in a V position

You can hold your chair with your whole hand, just a few fingers or one finger to increase challenge, but still have support. Pick the level where you feel where you feel challenged, but safe, and hold. Switch legs.

TIC TAC TOE-stand on one leg and think of being in the center of a tic tac toe game. Move your free leg around all 7 squares. 3 levels you can do this exercise:

- Tap in every square
- Tap in every other square
- Hover foot above every square

Repeat 2 or 3 times. Switch legs

DYNAMIC KICKS-stand on one leg. 4 kicks front, 4 kicks side, 4 kicks back. Keep upper body tall. Do 2 or 3 times. Switch legs

UP & OVER-stand behind stable chair (in case you need support). Imagine a traffic cone in the center of the back of the chair. Step up and over it, transfer your weight to your outside leg, and bring other leg up and over and set foot down. Repeat

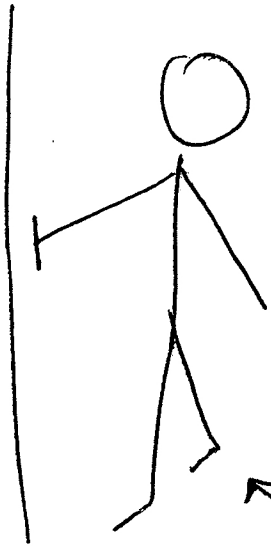
- 2nd level: only tap the second foot
- 3rd level: do not put second foot down at all

5 STANDING PROGRESSIONS:

1. Wide stance
2. Staggered stance
3. In-line stance
4. Heel/Toe stance
5. Single leg stance

Balance

Single Leg Balance



- Hold Wall or Chair
- Can close one eye or two
- alternate legs
- work up to one minute

← one foot off ground, ↑ challenge

Tandem Balance



← toe to heel tightrope

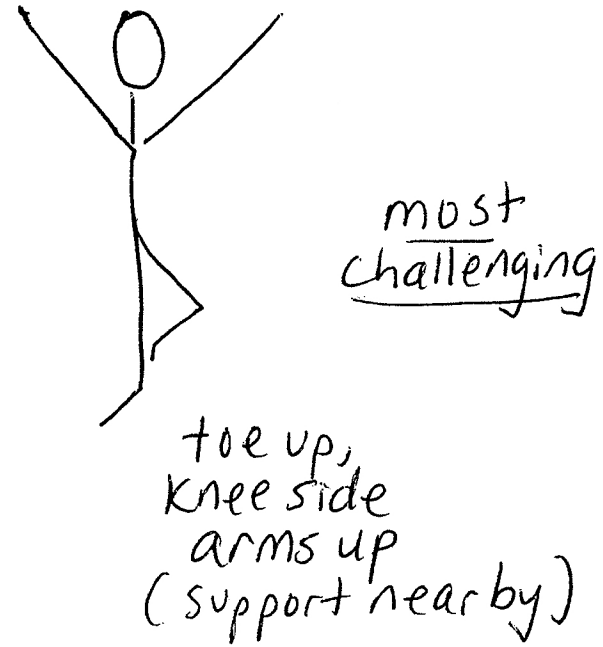
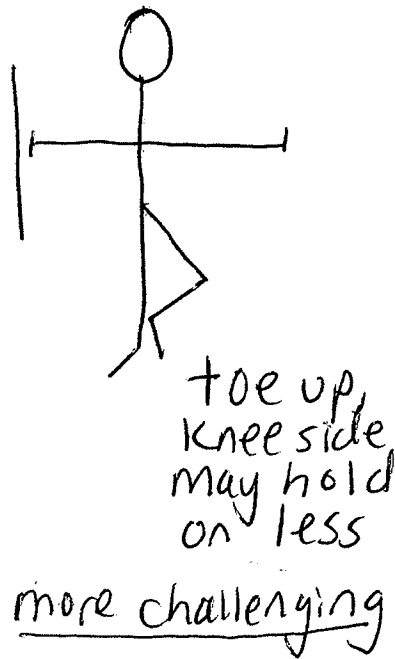
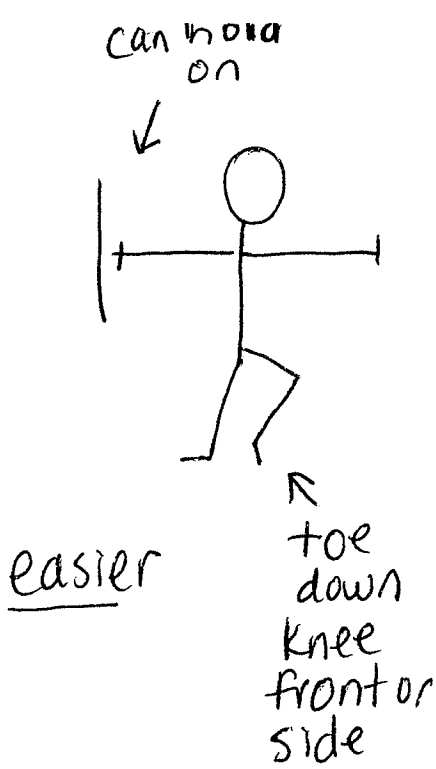


← toe to heel staggered
feet width (easier)

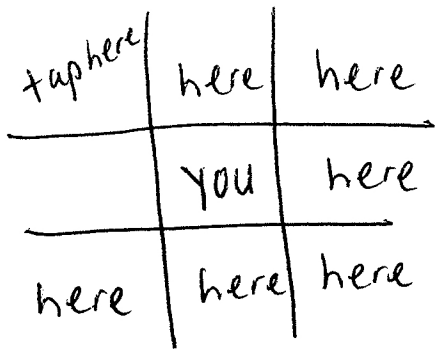
- hold onto something stable

* can lift heels and/or toes for additional challenge (if lifting toes keep hips tucked in)

Tree Pose



Tic Tac Toe



easiest tap in every square
more work tap in every other square

most challenging hover foot (no taps)

- both feet flat
- one flat, one toe
- one flat, one hover

Up + Over

- something knee height
- shift weight
- lift second knee!

