



CCAA Sample Ball Exercises

Tips to Remember for all Ball Exercises:

Stretches for the large muscle groups should be emphasized and should be held for 15 - 20 seconds. In addition, range-of-motion movements, as described in the warm-up section and cardiorespiratory cool-down, can be included. Relaxation exercises would also be suitable after the recommended stretching is completed.

Tips

1. Do not stretch cold muscles. Stretching is not recommended until after exercise of cardiorespiratory endurance and strength, endurance and power training is completed. Stretching and relaxation are the last component of the class.
2. Flexibility exercises should not hurt! Only stretch muscles within a comfortable range-of-motion.
3. Flexibility exercises should always be done gently and as a slow and controlled movement. Never bounce while stretching.
4. Locking joints can lead to damage and/or injuries. Joints should always have a slight bend while stretching even when leg is to be straight during the exercise the knee still has a slight bend.



Exercises for Range of Motion

Upper Body

Range of Motion {Back Stretch}

Instructions

- sit tall in a chair with your thighs together
- place a ball in your lap
- with both hands on the ball, roll it toward your knees and back again

Note: To add an upper back stretch, pause at the end of the roll when the ball is closest to your knees.
Hold for 15-20 seconds

Range of Motion {Bicep and Elbow}

Instructions

- sit tall in a chair
- hold a ball in your hand with your arm stretched out away from your body
- bend your elbow and touch the ball to the same shoulder



Range of Motion and Coordination {Elbow Extension}

Instructions

- hold one ball, in each hand, and place the balls on each shoulder
- with ball in hand, stretch one arm out away from your body
- bring the ball back to your shoulder and repeat with the other arm



Range of Motion and Posture

Instructions

- sit tall in a chair
- hold one ball between your knees
- place and hold another ball on your shoulder
- reach above your head with the ball in your hand
- repeat with the other arm



Lower Body

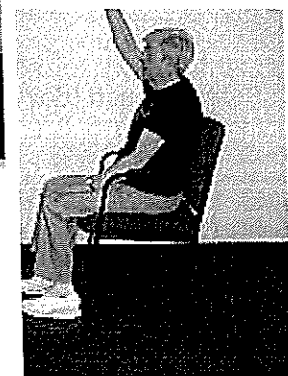


Range of Motion {Hips}

Instructions

- sit in a chair, place one foot on a ball
- step the opposite foot to the side
- return the foot you just moved to the side to the starting position
- move the ball under the other foot and repeat

Note: For added challenge place the ball under the *moving* leg, keeping the other foot flat on the floor.



Range of Motion {Shoulder}

Instructions

- hold a ball in your hand with your arm extended straight out in front of you
- raise your arm above your head, keeping your elbow straight
- return to the starting position
- repeat on the other side



Seated Reach {up}

Instructions

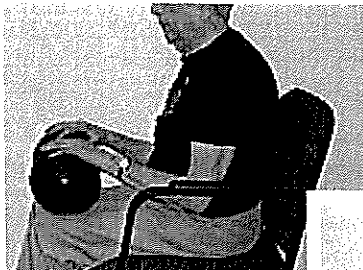
- sit in a chair facing a wall. Your knees should be a couple of inches from the wall
- place a ball against the wall at eye level
- with both hands roll the ball up the wall
- roll the ball back down to eye level



Seated Reach {up}

Instructions

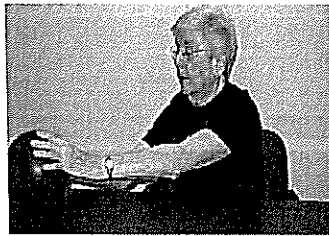
- hold a ball in one hand at shoulder level
- extend your arm straight up, then back down to shoulder level
- repeat with the opposite arm



Seated Reach {down}

Instructions

- sit in a chair
- hold a ball in each hand and rest them on top of your legs
- reach down and touch one ball to the floor beside your chair
- repeat using the other arm



Seated Reach {front and side}

Instructions

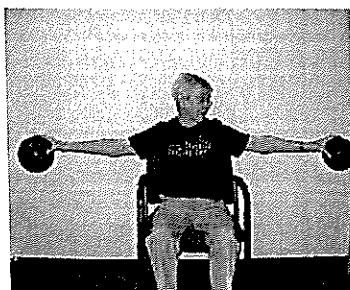
- sit at a table
- roll a ball to the left using both hands
- roll the ball back to the centre
- roll the ball to the right



Seated Reach {side}

Instructions

- sit in a chair
- hold the ball in your left hand and hold it to your left shoulder
- extend your arm straight out to the side
- return the ball to your shoulder
- repeat on the right side



Range of Motion {neck}

Instructions

- hold one ball in each hand
- extend your arms to your sides at shoulder level
- slowly rotate your head to the left and look over your left shoulder
- slowly rotate your head to look forward
- repeat looking over your right shoulder

Note: strength is added when holding the ball to the side



Exercises for Strength

Upper Body and Core

Ball Wall Push Up {arms, chest and core}

Instructions

- sit with a wall in front of you
- place a ball against the wall at eye level with both hands on the ball
- push the ball with your arms, squeezing it against the wall

Sitting Leg Posture and Strengthening {legs and core}

Instructions

- sit tall in a chair
- place a ball between your knees, and another ball between your ankles
- squeeze both balls by squeezing your legs and ankles together

Chest Press {arms, chest and core}

Instructions

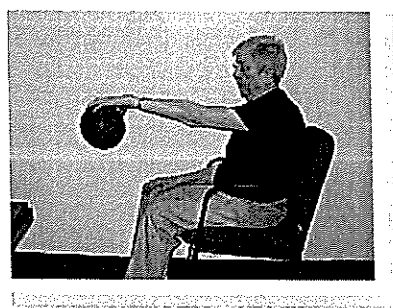
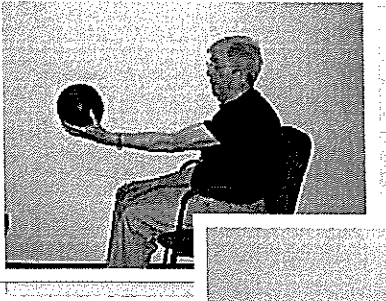
- sit in a chair
- hold a ball between your hands at chin level with your elbows pointing outwards
- squeeze the ball with the palms of your hands
- release, and repeat



Deltoid and Pectoralis Strengthening

Instructions

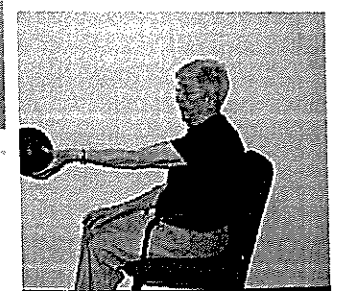
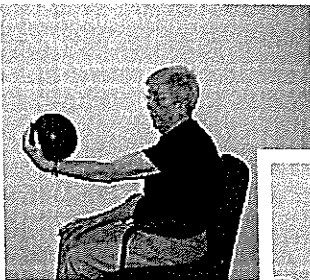
- sit in a chair
- place a ball underneath your arm
- pull your arm toward your body and squeeze the ball, then release
- repeat on the other side



Forearm Grip Strength (pronation + supination of the hands)

Instructions

- sit in a chair
- hold a ball in one hand with your palm facing up
- rotate your arm so that your palm is facing the floor. Keep gripping the ball
- repeat with the opposite hand



Forearm Grip Strength (flexion and extension of the wrists)

Instructions

- sit in a chair
- hold a ball in your hand with your arm straight out and your palm facing up
- flex your wrist so that the ball points toward you then extend your wrist so that the ball points away from you
- repeat with the opposite hand



Isometric Abdominal Strengthening

Instructions

- sit in a chair
- place a ball on one knee
- with both hands press down on the ball to squeeze it against your knee
- repeat on the opposite leg



Ball Bicep Curls

Instructions

- Sit in a chair or stand. Hold a ball in each hand
- keep your elbows close to your body
- bend one elbow and bring the ball up to the front of your shoulder
- return the ball to the starting position
- repeat on the opposite side

Strengthening - Biceps

Instructions

- sit in a chair
- hold a ball on your knees with both hands
- squeeze your hands together and bend your elbows to raise the ball to your chin

Inner Thigh Strengthening

Instructions

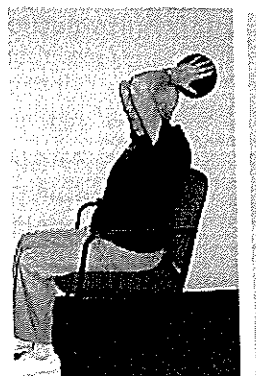
- sit in a chair
- place one ball between your knees and one behind your back
- squeeze your knees together then release
- repeat 8-12 times



Rotation of Wrists (biceps brachii)

Instructions

- sit in a chair
- hold the ball at chest level with both hands
- holding the ball lightly, rotate ball in your hands so that it rotates away from you
- turn the ball towards you



Overhead Extension (triceps)

Instructions

- sit in a chair
- hold a ball with both hands straight above your head
- bend your elbows to lower the ball behind your head

Note: add more resistance by squeezing the ball in between your hands while raising your arms



Ball Exercises for Strength—Lower Body



Squats

Instructions

- stand behind a chair with a ball between your knees. hold on to the chair for balance
- bend your knees and squat down as far as you can, making sure your knees do not extend past your toes

Calf Strengthening—Heel Raises

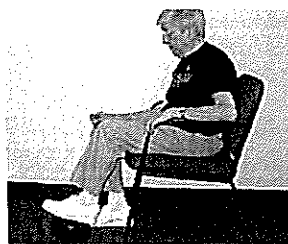
Instructions

- stand behind a chair, hold on to the chair for balance
- place a ball between your legs
- lift up onto your toes and back down

Hamstring Strengthening

Instructions

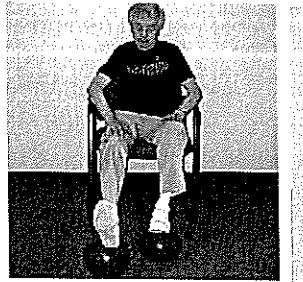
- sit in a chair
- place a ball under one knee
- press down onto the ball while rolling your foot back toward the chair



Buttocks Strengthening

Instructions

- sit in a chair
- place a ball beneath the arch of one foot
- push down on the ball with your foot
- Repeat with opposite foot



Propelling with Legs

Instructions

- sit in a chair
- place a ball under each foot
- keep one leg bent at a 90 degree angle and stretch the other leg out in front of you until your heel is resting on the ball. Hold for 15-20 seconds
- repeat with the opposite leg

Back and Posture Strengthening

Instructions

- sit in a chair
- place one ball behind your lower back
- sit tall, retract your shoulders and squeeze your shoulder blades together
- hold for 15-20 seconds and release
- repeat 2-3 times