



## Ball Class Exercises

The exercises provided here are for general information only and should not be treated as a substitute for professional supervision or advice. By following these exercises you agree to do so at your own risk. The exercises have been designed to cover a range of abilities and should not cause any harm. Consult a Chartered Physiotherapist or your GP before embarking on any new fitness regime, and if you do experience any pain or discomfort as a result of these exercises, stop immediately and speak to a health professional. The Police Treatment Centres can not be held responsible for any injuries which may occur as a result of these exercises.

**First, check that you have the correct size ball, i.e. when sitting on the ball your hips and knees should make right angles.**

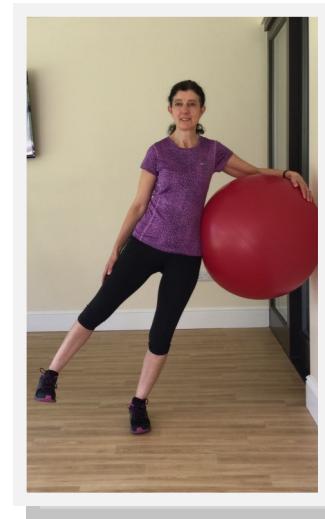
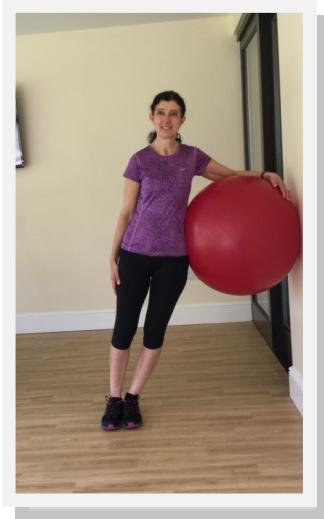
**If there are any exercises you have not been taught only attempt them if you feel confident to do so, or find a suitable member of staff (physiotherapist or gym staff) to go through the exercises with you.**

**If you need advice regarding the suitability of an exercise, please discuss with the relevant member of staff.**

**Repetitions of the exercises should be relevant to your needs, use 10-15 reps as guidance only. Increase to 2 sets as you feel able. Again, discuss with the relevant member of staff for assistance.**

**It is essential to warm up the body for 5-10 minutes prior to performing an exercise programme, this could include marching on the spot, stepping up and down on your bottom step, gentle squatting, sitting on the ball and marching & remember to include arm movement. Be gently creative.**

### Standing Buttock Side Raise

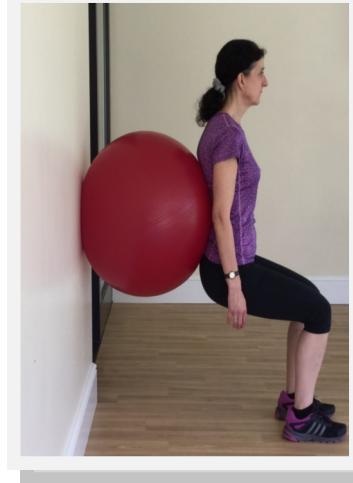
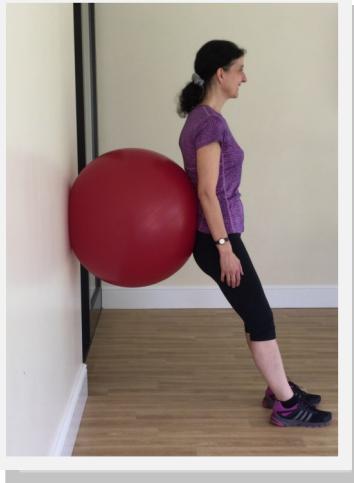


- Turn & support your body as shown.
- Try to keep the trunk lengthened despite leaning towards the ball and soften the knee of the supporting leg.
- Raise the outer leg as shown keeping it aligned with the side of the body. Try to prevent any unwanted movement of the trunk.
- After 10 reps try holding the leg raised and perform hip circles by drawing small circles with the toes clockwise and anticlockwise.

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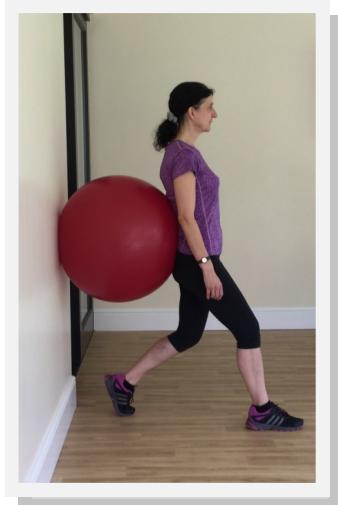


## Squats



- Position your lower back/upper buttock area against the ball.
- Separate your feet so that they are between hip and shoulder width apart and take a step forwards so that you can see your feet, which face forwards. Lengthen through your spine, gently nod your chin, and sense the floor through your feet.
- Initiate the squat by folding from the hips allowing knees to bend forwards whilst keeping the spine vertical and pelvis/hips level. Think about sending your seat bones towards the floor preventing the shoulders from tilting forwards or the lower spine from arching.
- When bending the knees, try to keep them in alignment with the 2<sup>nd</sup> & 3<sup>rd</sup> toes, and bend as far as is comfortable or until your thighs are parallel to the floor. When returning to the upright position press through the soles of the feet in order to facilitate the glutes (bottom muscles) as well as the quads (thighs).

## Lunges



- A progression of the squats. Position the ball and separate your feet into step standing as shown.
- Consider the advice above regarding the spine and pelvic position and front knee control/alignment before, during and after performing the exercise.
- On lunging allow the front hip to fold whilst the knee bends forward. On rising think about pressing through a relaxed stable/broad front foot.

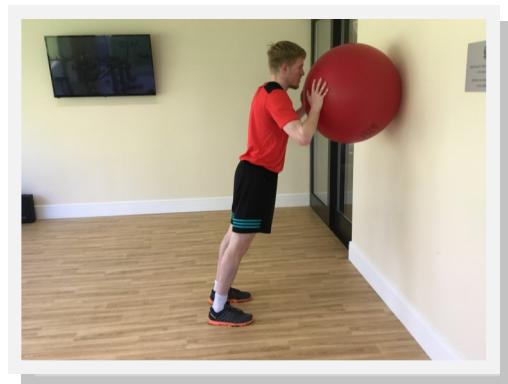


## Tricep Dips



- Whilst supporting yourself on the ball with your hands, shuffle your bottom forwards keeping your hips and knees at right angles until your bottom leaves the ball.
- Hold this position for a few seconds then return your bottom to the ball.
- If this is successful repeat the above and add the tricep dips (once the bottom clears the ball) by bending the elbows, hips and knees whilst keeping your spine lengthened.
- To progress, perform the exercise with the knees straight.

## Press Ups



- Standing upright as shown. Feel the floor and ground your feet, which are hip width apart.
- Soften elbows with shoulders open at the front and lengthen the back of the neck. Looking straight through the ball, slowly bend the elbows outwards allowing the whole body to lean forwards from the ankles and checking the tummy or the neck doesn't protrude forward.
- As you return to the starting position press through the palms of your hands keeping chest wide and the spine and hips in alignment. Try to avoid any arching of the spine whilst performing the exercise.



## Ball Rolls



- Position as shown. Roll the ball to one side by turning your headlights (pelvis). Liken your trunk to a spring which has been stretched when you roll the ball, and recoils as you return to the starting position.
- Keeping legs and arms relaxed enables the muscles of the trunk to naturally lengthen/ stretch as you roll to one side and engage/contract as you return, which is the purpose of this exercise.
- A progression of this exercise would be to raise the arms above the chest, place the hands together, and maintain this position whilst performing the exercise.

## Lying Bridge



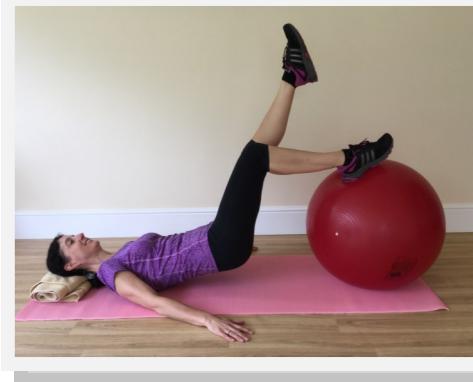
- With your arms resting either side of your body as shown, simultaneously tilt the tail bone towards the ceiling, roll the ball away and lengthen your legs until the knees are straight.
- Your bottom will have raised off the floor slightly which may challenge your balance and you should feel activity/tension in the buttocks and thighs.
- To return, bend the knees and roll the ball backwards (feeling the hamstrings/back of thighs engage) whilst simultaneously rolling the spine down onto the floor.
- After a little practice, try the following:

Hold the bridge for 5 – 10 seconds with arms either:

1. Crossed over chest
  2. Raised above chest
  3. Raised above chest and perform arm movements whereby you move on or both backwards, or out to the side or one of each
- Whilst performing the bridge hold the arms in the various positions previously described, and / or move the arms as above.

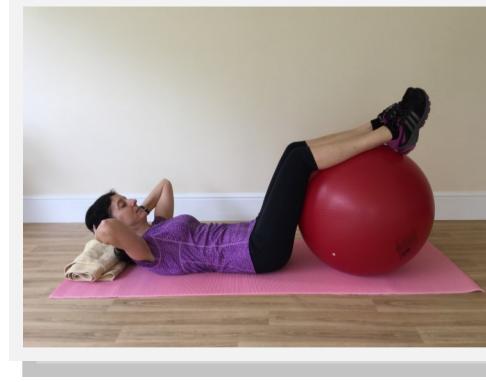


## Hamstring Drag



- Start the exercise by gently tilting the tailbone towards the ceiling and roll the bottom off the floor keeping the ball and knees still.
- Try to maintain this suspended position whilst rolling the ball back towards the buttocks and reverse the movement, i.e. lengthen the legs.
- Progressions can be made by the following:
  1. Increasing the reps of rolls in the bridge position
  2. Crossing arms in front of chest
  3. Hold the second position shown, and raise alternate feet off the ball.

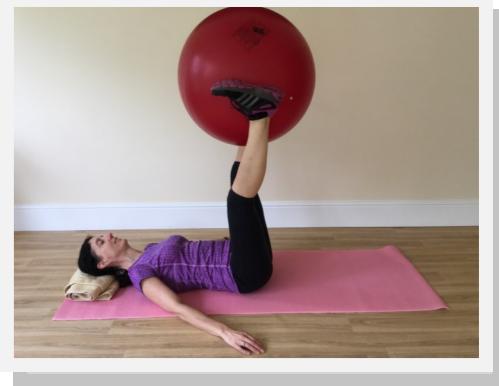
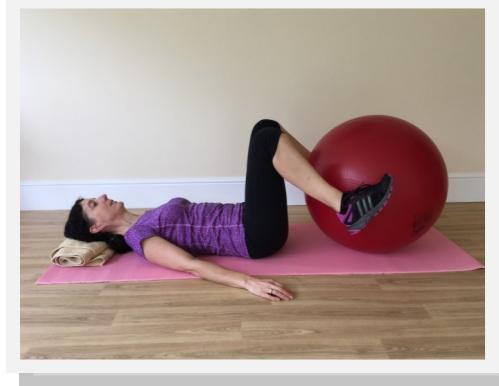
## Abdominal Curls



- Support your head with both hands and bring your elbows inwards until you can see them in your peripheral vision.
- Keeping the neck, legs and lower spine relaxed, liken your rib cage to a bowl and tilt the rib cage towards the floor which should encourage the shoulders, neck and head to raise away from the floor.
- Ideally your abdominals should flatten as they automatically tense as opposed to doming i.e. protruding upwardly.

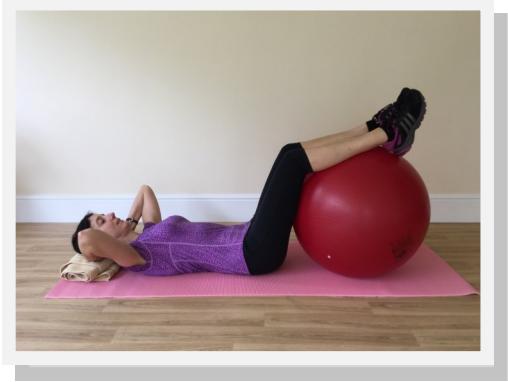


## Leg Press



- Start as shown with the inside of your feet against the ball, hips and knees bent. Keeping your spine lengthened, grip the ball and raise it by straightening your knees.
- Continue to lower and lift whilst keeping your thighs vertical.
- A progression would be to alternate between abdominal curls and leg press and then perform both simultaneously.

## Oblique Curls



- Similar to abdominal curls regarding starting position.
- As you tilt the rib cage twist it towards one side, i.e. when twisting to the right think about taking the left shoulder towards the right hip.
- Allowing your head to remain heavy in your hands will ensure your neck is relaxed.

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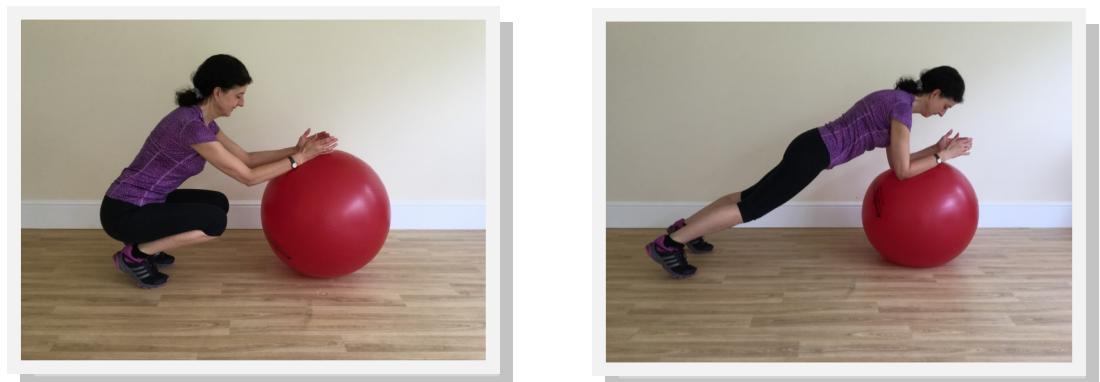


## Greyhound



- Position as shown. Whilst maintaining a relaxed and lengthened spine try a few reps of the following:
  1. Slowly take the ball backwards & return.
  2. Hold the ball raised above the chest and slide one heel away & return, alternate.
  3. Take the ball backwards over the head

## Prone Squats



- Adopt a crouched position whilst maintaining a lengthened spine.
- Roll the ball forwards sending the top of your head forwards and upwards, keeping the chest away from the ball and lengthening the legs to form a “plank on toes” position.
- To return to the crouched position send the bottom backwards towards the heels bringing the ball with you whilst keeping the knees away the floor.



## Plank on Knees



- From the vertical starting position, roll the ball forwards and simultaneously tilt the body forwards keeping the hips lengthened and lower forearms onto the ball.
- To return to the starting position press down through the forearms straightening the elbows whilst maintaining lengthened trunk and hips.
- Progress by holding this position and move the ball forwards and backwards.

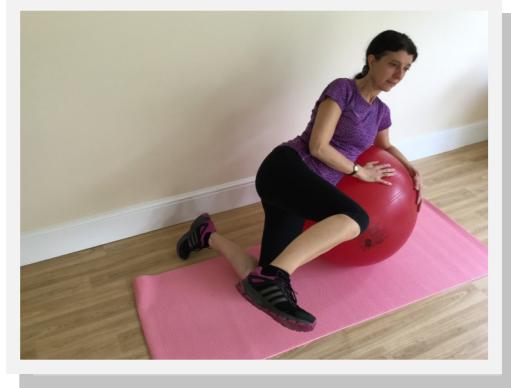
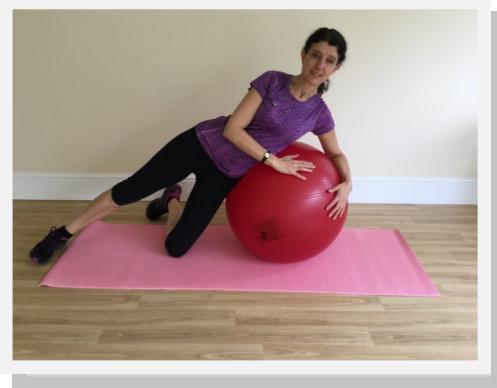
## Plank on Toes



- To progress from the knees to the toes, curl the toes under, press down through the toes and the forearms in order to lift the knees off the floor to form a straight line from shoulders to the ankles, hold for your desired time then lower onto knees and reverse as above.



## Leg Lift and Leg press



- Lean over the ball sideward and either support yourself by placing the outer hand on the ball or, if you want, reach for the floor.
- Lengthen your top leg and whilst keeping your spine still, raise and lower the top leg (leg lift). After the desired reps hold the leg raised & bring the leg forwards bending at the knee and return to starting position whilst straightening the knee (leg press).

## Obliques / Side Bend over the Ball



- Starting position: Either adopt the same starting position as the leg lift above, or lengthen both legs (as shown) with the top foot resting in front of the bottom foot (you could support your feet against the wall). If lying on left side, support the head with left hand.
- To perform the exercise, bend the waist side wards so that the right side shortens (think of moving the right shoulder towards the hip) and the left side of the waist moves away from the ball.
- Level 1 - Support self by putting left hand on ball and side bend tilting towards left.
- Level 2 – Place the left hand on top of the left outer leg and perform the exercise.
- Level 3 – Place the left hand against the left ear.

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## Balance Work



- When seated check you are sitting on both seat bones evenly and that your spine is in a lengthened upright position. Try the following:
  - Slowly raise one arm out to the side, alternate.
  - Slowly raise one arm upwards in front of the body, alternate, then raise both arms in front.
  - Try mixing up the first two i.e. raise one arm out to the side whilst raising the other forwards.

- Holding dumbbells, single & double bicep curls.

- With arms still, try raising one foot and balance on one leg, alternate slowly.
- When confident, try to balance on one leg with arm movements above.

## Buttock Dips



- From sitting, once you have walked out into the suspended bridge position as shown/taught, check your lower spine position which should be lengthened with the glutes automatically switched on in order to maintain the position.
- With your arms held out to the side for balance, slowly bend the hips creating creases in front of them in order to lower the buttocks towards the floor, whilst keeping the lower spine and ball still.
- To return, press through the feet facilitating the glutes in order to return to the starting position.
- To progress, as shown try performing the dips with your arms crossed over the chest.



## Balance



- With your arms held out to the side, try to balance on one foot and then alternate. To progress try performing with your arms crossed over the chest.
- Whilst maintaining the bridge position, raise your arms above your chest .
- When confident to do so:
  1. Take one arm backwards and the other arm forwards
  2. Open one arm out to the side and return and alternate

## Trunk Rotation / The Pendulum



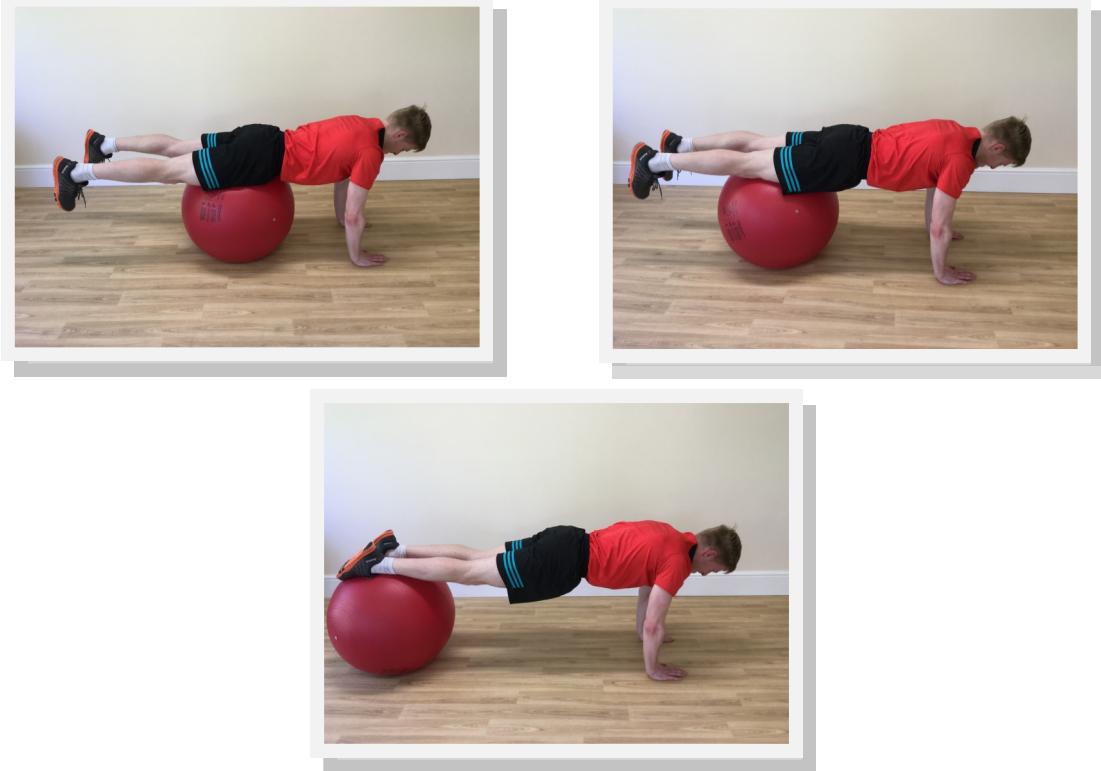
Choose your starting position.

- Arms crossed in front of chest.
- Hands raised above your chest with your palms together (as shown).
- If rotating your chest and trunk to the right press the same shoulder into the ball which will encourage the ball to roll to the left, then alternate.

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## Roll Out



- Level 1: As shown so that the ball is beneath the pelvis/upper thighs. Liken your spine to a spear, with the back of the head higher than the spine whilst looking down at the floor. Gently press through the palms until you are aware of your shoulder blades and the muscles around there. Try to avoid excessive rounding of shoulders.
- Hold this for a while, are you breathing normally? Stop when you feel a little bit tired and before your arms start to shake.
- Level 2: Roll out to the lower thigh area/knees & the advice is the same as above. Notice, a longer lever requires more control around the pelvic area so beware of the lower spine collapsing/arching.
- Level 3: Roll out to the shins/toes. This is an advanced position requiring even more strength and control in order to maintain the correct position of the spine whilst being able to breathe normally.

## Press Up



- Choose the appropriate level above, and perform the press up by bending the elbows out to the side whilst keeping the spine perfectly still. If performing in level 1 or 2 position liken your body to a sea saw so that when the upper body is lowered towards the floor, the lower end of the body raises maintaining the connection between upper and lower body.



## Squat Thrusts



- Start in level 2 position of 'Roll Out'.
- Firstly press down through the hands and roll the ball backwards slightly which opens the arm pits whilst maintaining the spear like representation of the spine.
- Without pausing too long reverse the movement rolling the ball forwards stacking the shoulders on top of the hands again, whilst simultaneously bending the knees towards your chest.
- This should automatically bend the hips and raise your bottom towards the ceiling. Raise as far as you feel in control whilst keeping the spine in its lengthened position.
- When reversing, lengthen the legs behind you whilst keeping the shoulders on top of the hands, and then roll back to open the arm pits in preparation for your second rep.

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