



# BALL EXERCISES FOR SENIORS



## Hip Circles

1. Sit on the ball with your feet flat on the floor, your legs slightly wider than shoulder width and your knees at a 90 degree angle.
2. Move your hips in a small clockwise circle.
3. Keep your feet on the floor and your upper body upright.
4. Do 10-15 reps, then repeat in the counterclockwise direction.

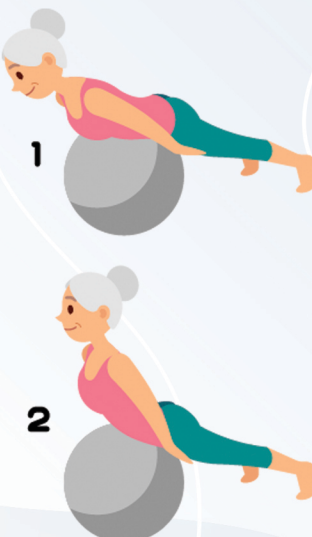


## Leg Lifts

1. Sit on the ball with your feet flat on the floor, your legs shoulder width apart and your knees at a 90 degree angle.
2. Lift one leg until the knee is straight and your leg extends straight out in front of you.
3. Hold it for 5 seconds then lower it.
4. Do 10-15 reps on each leg.

**There are many variations on this activity. For example:**

1. Raise your leg off the ground and hold it without straightening the knee.
2. Raise your opposite arm each time you lift a leg.



## Back Extensions

1. Lie atop the ball facing downward with your toes on the floor and your belly on the ball. Your feet should be spread slightly wider than your body.
2. Rest your arms at your side, or hold them beside your head with the elbows extended.
3. Inhale.
4. Exhale as you pull your shoulders back and lift your upper body. The action comes from your lower back. Don't extend your neck; keep it in line with your spine.
5. Return to the initial position.
6. Do 1-2 sets of 10-15 reps.

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## Stability Ball Bird Dog

1. Lie face down on the ball with your toes on the floor and the palms of your hands also on the floor.
2. The difficulty of the exercise varies depending on the placement of your body on the ball. There's more effort if you roll forward so the ball is closer to your hips.
3. Tighten your abdominal muscles to maintain balance. As with all ball exercises, a good steady body position is key.
4. Extend your right arm and your left leg. They should be fully extended and even pointed slightly toward the ceiling.
5. Gradually come back to the starting position and repeat with the opposite arm or leg.
6. Do 10-15 reps on each side.



### **This exercise comes with numerous variations.**

1. For an easier repetition, extend only your arm or only your leg.
2. For more challenge, extend the arm and leg on the same side.
3. Let both arms dangle as you extend one leg.
4. Keep only one toe on the floor and extend both arms.

## Bridges

1. Lie on your back, with your shoulders on the floor, your legs straight and your heels on top of the ball. Your arms will be palms down at your sides.
2. Press your heels into the ball.
3. Squeeze your glutes and lift your lower back from the floor.
4. You'd like to get to a position where your body is straight with your feet, back and shoulder aligned. However, don't go too far. It shouldn't hurt your back. If it does, don't raise as high.
5. Gently lower yourself.
6. Do 1-2 sets of 10-15 reps.







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### Thigh Squeeze

1. Sit straight in a chair with your back away from the chair back and your hips and knees at 90 degrees.
2. Place the small ball between your thighs close to your knees or between the knees themselves.
3. Squeeze your knees together until you feel tensions along your inner thighs. It's not necessary to force the knees as close together as you can.
4. Hold for a second or two then release.
5. Do 2-3 reps of 10-15.



### Wall Squishes

1. Face away from the wall with the small ball between the wall and your lower back. Your knees are slightly bent. Rest your elbows against the wall.
2. Move your shoulders and elbows down and forward as you squeeze the ball into the wall with your lower back.
3. Find the point of steady tension rather than pushing as hard as you can.
4. Hold for a second or two then release.
5. Do 1-2 sets of 10-15 reps.



### Push Step and Lunge

1. Stand on the floor with the Bosu directly in front of you, ball side up.
2. Lean forward and press your right foot into the center of the dome.
3. Go back to the start and repeat with your left foot.
4. Do about 10 reps on each side.

**There are many variations on this basic Bosu exercise.**

1. As you step on the dome, bend both knees into a lunge position. Keeping your arms wide will help you maintain balance.
2. Stand beside the ball and step sideways onto the dome.

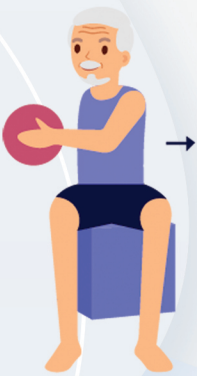


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## Seated Arm Exercises



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1. Sit straight in a chair with your back away from the chair back and your knees and hips at 90 degrees. Do some or all of the following routine.
2. Hold the ball between your hands with your arms extended and parallel to the floor.
3. Keeping your elbows straight, raise the ball as high as you comfortably can.
4. Slowly return to the starting position.
5. Repeat about 10 times.
6. Holding the ball straight out in front, make clockwise circles with your arms, bending your elbows only slightly. Keep your arms parallel to the floor.
7. Continue for 30 seconds, then repeat in the counterclockwise direction.
8. Still holding the ball, bend your elbows until they're close to your chest.
9. Twist your upper body to the left, keeping the ball in front of your chest. Don't let your hips turn.
10. Repeat the motion to the right.
11. Do about 10 reps.

## Basic Stance



1. If you've never done this before, do it next to a wall, with your palm flat against the wall for support.
2. With the dome side up, stand straight up on the Bosu with your feet equidistant from the center. The closer together your feet, the more challenging the pose.
3. If you haven't yet done so, try letting go of the wall.
4. Hold for 30 seconds.
5. If that was too easy for you, turn the ball over and repeat on the flat side.



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## Bosu Crunches



1. Sit with your bottom near the edge of the ball rather than in the middle. This provides more back support.
2. Bend your knees and plant your feet flat on the floor.
3. Lace your fingers behind your head or fold your arms across the chest.
4. Contract your abs and curl forward. Try to find the position where there's tension through your abdomen but your back isn't strained. If your back hurts, you've gone too far.
5. Gently return to the starting position.
6. Do 10-25 reps.