



### EXERCISES ON GYMBALL

#### Exercise 1:

Sitting on the gymball your feet aside a bit more apart than the width of your hips. The ball should be big enough so that you have your hips higher than your knees. Stretch your head and keeping your shoulders broad push your pelvis forward – try to pull your tailbone under, knees remaining firmly in place pushing up your bottom backward. Repeat it. Then push your pelvis one side and the other side without pushing it forward. One half of the pelvis pushes the ball and then the other half does that. Join the movements into one circular movement on the ball stretching your head, the knees do not move from side to side. Then do it the other side round and then straighten your body.

#### Exercise 2:

Sitting on the ball with your head stretched and feet in width of your hips, lift and straighten one leg and lean it against your heel and then put the same leg crossways and press it against your toes and then pull it back. Then do it with your other leg your head stretched. Repeat several times.

#### Exercise 3:

Sitting on the ball your feet in width of your hips, spring lightly on the ball and add movements of your arms forwards and backwards simultaneously, your knees remaining in width of your feet. Stretch your arms forward, the back side of your thighs on the ball and then start springing on the ball again. Be careful not to let the ball slip backwards, your knees still in width of your hips, breathing freely keeping your shoulders down from your ears.

#### Exercise 4:

Lying on your back get the ball under your legs, lean your heels against the ball the tips of your feet towards the ceiling, your back spread on the mat (if necessary, your head should have a support to stay stretched) -breathing out you press your heels against the ball, breathing in release it. Your heels are closer than your knees so that the outside hip joints rotation is light and easy. Do not lift your pelvis from the mat, your trunk stays firmly in place. Keep the heels pressuring the ball while breathing freely – then lift one leg up, the other presses the ball, keep your back firmly on the mat and then do the same with your other leg. Your shoulders stay broad, breathe freely and release it.

#### Exercise 5:

Lying on your back your heels pressed against the ball pressing lightly. Then rock with the ball from side to side so that the ball does not slip away. Your hip is not drawn to your shoulder, it only lifts a bit up, your pelvis remaining in stable distance from your shoulders. Rock fluently from side to side.



### **Exercise 6:**

Lying on your back your heels pressed against the ball , lift your left leg and press its ankle against your bent right knee. Put your left hand on the inner side of your knee so that it can help you stretch your leg, press the ball and when it is pressed pull it towards yourself, turn your knee aside breathing freely. Repeat several times and then change legs.

### **Exercise 7:**

Lying on your back hold the ball in your arms just above your chest, your palms leaned against the ball, your shoulders broad, your head stretched, spin the ball continuously between your arms one way and then the other way round so far as your shoulders permit. The movement is continuous, lightly pressing the ball do not recline it to the sides(it is still in direction of the ceiling above your chest). Repeat several times and then release your arms.

### **Exercise 8:**

Lying on your back hold the ball between your ankles and try to slightly open your knees apart, your shoulders spread on the mat, by stretching your knees lift the ball up and pass it over to your hands, then return your feet to the mat and simultaneously pass the ball over your head without sagging your loins, then again holding the ball between your ankles and stretching your knees lay the ball on the ground together with your arms. Continue doing this without holding your breath and keeping your trunk firmly in place with your head stretched. Repeat several times and then lay your legs on the ball and relax.