



### EXERCISES WITH OVERBALL

#### Exercise 1:

Put half inflated overball on the centre of your sacrum. Keep your shoulders broad, your head stretched, your feet on the mat. Breathing out, press your sacrum into the ball without pushing your pelvis forward. Breathing in release it The pelvis stays in the backbone axis. Repeat it five times.

#### Exercise 2:

Lying on your back, the overball under your sacrum, your feet parallel on the mat, draw your right side to the mat, the left side is pushed to the ceiling. Do not move your legs and do the same on the other side, i.e. draw your left side to the mat while the right side is pushed up to the ceiling. Breathe continuously and repeat several times.

#### Exercise 3:

Lying on the back – your knees bent, the overball under your sacrum. Keep broad shoulders and stretch your head. Lift your right bent leg up – your heel is lower than your knee. Then add your left bent leg up. Keep broad shoulders and breathe freely. Put your right leg followed by the left leg back on the mat. Repeat several times.

#### Exercise 4:

Lying on your back, the overball under your sacrum. Keep broad shoulders and stretch your head. Lift your right bent leg followed by your left bent leg - but this time your heels are higher than your knees. Breathing freely, keep balance on the ball and lift both of your arms simultaneously. Your shoulders are fixed on the mat, your head is stretched. Breathing freely, put your arms along your body, then your left leg followed by the right leg on the mat. Repeat it all several times.

#### Exercise 5:

The overball under your sacrum, your trunk straight, your head stretched, lift both of your arms to the ceiling and press the scapulae to the mat. Keep broad shoulders and lift your right leg followed by your left leg up, your heels slightly higher then your knees. Breathing freely, put your right foot followed by your left foot on the mat. . Repeat it all starting with your left leg.

#### Exercise 6:

Lying on your back, the overball under your left foot, try to lean against the overball with the largest area of your sole. Your back is fixed on the mat. Breathing out press the ball, breathing in release it. . Then the foot starts rotating on the overball, not reclining your knee to the side. Keep the hips and your shoulders on the mat. Then rotate the foot on the ball the other way round. . Do the same with the right sole.

#### Exercise 7:

Lying on the back, your legs bent, the overball between your ankles, your back fixed on the mat. Breathing out lift your legs simultaneously up. If needed, put both of your hands from above on your knees, to hold the legs better. Your shoulders broad, rotate the ball between your ankles as though you rode a three-wheeler. The motion should be fluent, your breathing



Co-funded by the  
Erasmus+ Programme  
of the European Union

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continuous. Keep the ball rotating without falling down. Do the same on the other side Keep doing it for a while and then relax and put the overball on the mat.

### **Exercise 8:**

Sitting down, a half inflated overball under your pelvis, leave your feet a bit further from each other to steady yourself. Keep your head stretched to the ceiling. Your feet are fixed on the mat. Draw one of your buttocks to the mat. Do not fall over to the side. Then do the same with the other side of your body. The motion should be continuous without falling down from the overball. Breathing freely, do it several times.