



Co-funded by the
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Seniors to sport court, not to hospital

EXERCISES ON GYMBALL

Gymball is a big inflatable ball used for stabilizing exercises of the whole body. These exercises improve balance and coordination of the whole body where we stretch and release muscles, release the cervical spine, pectoral and lumbar muscles.

Exercising in unbalanced position we work out deep muscles around the spine, which has a good impact on the body posture. Well performed sitting position also supports physiological incline of pelvis.

Gymball exercises support stimulation of intervertebral discs in the right position and stabilize the spine as a whole.

In the exercise units we educate exercises, which can be done at home, where the big ball can be used daily.