



EXERCISES WITH OVERBALL

Overball is an exercise aid, which has been used in the field of physiotherapy for quite a long time. We can characterize it as a small, light, inflatable, floppy ball with possibility of adjustment of its size or flexibility by various inflation volume. Using overball we can carry out a whole range of bodybuilding, stretching and compensatory exercises, which you can do not only at home, but you can include them into stretching and bodybuilding exercise units.

While working out, the deep stabilization system is stimulated including pelvic floor, nape muscles, deep neck benders and deep back muscles, which together with abdominal muscles fix the spine.

Working out with overball and engaging deep muscles compensate muscle dysbalance, help us to make our body tougher and improve the body posture.