

Body Ball Wall Chart

**BENEFITS**  
Improves flexibility.  
Improves spinal stability.  
Promotes weight loss.  
Helps improve alignment and balance.  
Targets abdominal and lower back for improved posture.  
Improves muscle tone, endurance and strength.  
Increases functional movement.  
Forces strengthening of numerous muscle groups.

**ADVANTAGES**  
Fun  
Easy, no matter what your age  
Portable and lightweight – travels and stores easily  
Inexpensive  
Provides total body workout  
Comes with 90 day warranty

Note: Before this or any exercise program, consult your physician.



**exercise 1**

EXERCISE WALL CHART

WARM UP

Sit on the top of the ball with arms relaxed on thighs. Thighs should be approximately 90° to your lower legs. Place feet flat on the floor about shoulder-width apart. Begin to bounce lightly on the ball for 60 seconds or more for aerobic benefit. Do not lift your feet off the floor.



**exercise 2**

EXERCISE WALL CHART

Body Ball Crunches

Lie on the ball with your back supported at the arch. Cross your arms behind your head or across your chest. Keep both feet on the floor. Curl your upper body, squeezing your abdominals and lifting your shoulders and upper back. Return to starting position. Do not pull on your head and neck. 8 - 12 REPS



**exercise 3**

EXERCISE WALL CHART

Body Ball Side Crunches

Lie on the ball with your back supported at the arch. Keep feet on the floor and cross arms over your chest. Turn your trunk, squeezing your abdominals. Turn the right side of your body towards the left leg. Return slowly to the starting position. Remember to repeat this exercise alternating sides. 8 - 12 REPS

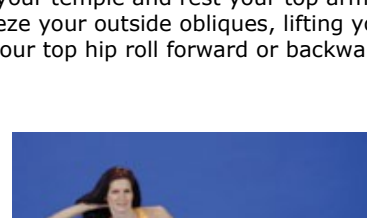
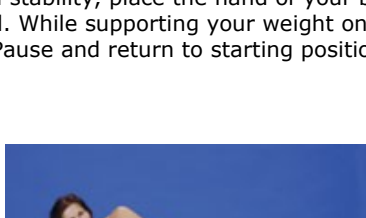


**exercise 4**

EXERCISE WALL CHART

Obliques

Lie sideways with your waist and hips on the ball. Bend your inside leg and stretch your outside leg. For maximum stability, place the hand of your bottom arm at your temple and rest your top arm on the front of the ball. While supporting your weight on the ball, squeeze your outside obliques, lifting your arm off the ball. Pause and return to starting position. Do not let your top hip roll forward or backward. 8 - 12 REPS

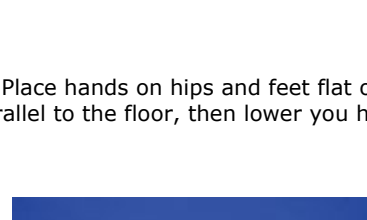
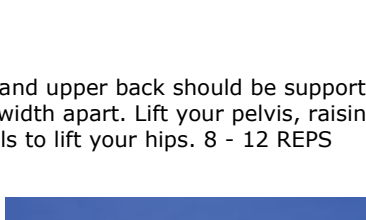


**exercise 5**

EXERCISE WALL CHART

Pelvic Tilt

Your mid and upper back should be supported on the ball. Place hands on hips and feet flat on the floor, shoulder-width apart. Lift your pelvis, raising your hips parallel to the floor, then lower your hips. Use abdominals to lift your hips. 8 - 12 REPS

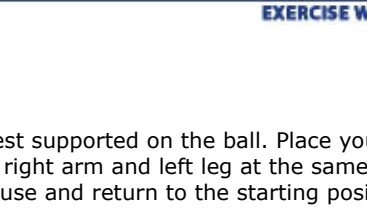
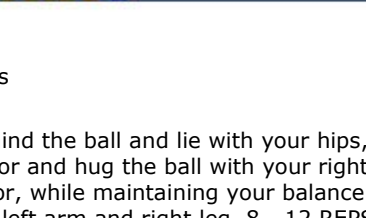


**exercise 6**

EXERCISE WALL CHART

Leg Raises

Kneel behind the ball and lie with your hips, waist, and chest supported on the ball. Place your left hand on the floor and hug the ball with your right arm. Lift your right arm and left leg at the same time, parallel to the floor, while maintaining your balance on the ball. Pause and return to the starting position. Repeat using the left arm and right leg. 8 - 12 REPS



**exercise 7**

EXERCISE WALL CHART

Hip Extension

Lie with your back on the floor, arms by your sides, knees bent and your feet and calves on top of the ball. Lift your hips off the floor until your back is straight. Pause and return to the starting position. Use your arms for balance. Do not arch your back. 8 - 12 REPS



**exercise 8**

EXERCISE WALL CHART

Leg Curl

Lie on the floor with your legs outstretched and your feet and calves on the ball. Place your hands on the floor by your sides. Press your heels down firmly into the ball, bend your knees and roll the ball in towards your buttocks until your feet are flat on the ball. Pause and slowly return to the starting position. 8 - 12 REPS



**exercise 9**

EXERCISE WALL CHART

Side Abduction

Lie sideways with your upper body supported on the ball. Extend your top leg out to the side with one foot resting on the floor. Put both hands on the front of the ball for stability and bend your lower leg on the floor. Lift your top leg until it is parallel to the floor. Pause and lower to the starting position. Do not let your hips roll forward or back. Keep your knee bent and forward. 8 - 12 REPS

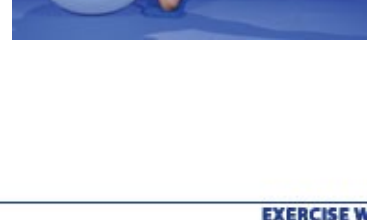
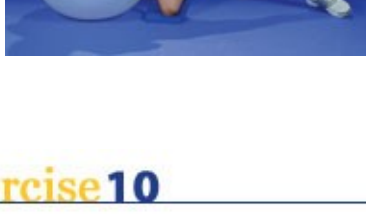


**exercise 10**

EXERCISE WALL CHART

Lying Abduction

Lie on the floor on one side with your lower arm under your head. Use your upper hand for stability. Bend your lower leg at 90° and extend your upper leg with your ankle resting on the ball. Lift your lower leg off the floor until it touches your upper leg. Pause and lower to the starting position. Keep your hips aligned with each other and do not roll forward or back. 8 - 12 REPS

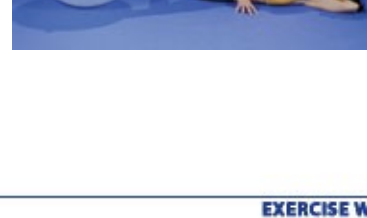
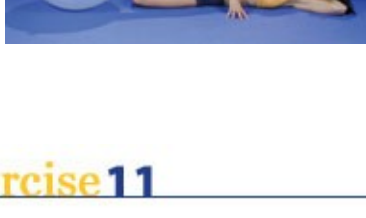


**exercise 11**

EXERCISE WALL CHART

Inner Thigh Squeezes

Lie on your back on the floor. Place your feet flat on the floor with your arms extended by your sides and palms down. Put the ball between your bent knees, grip the middle of the ball with knees and squeeze. Hold for 5-10 seconds and release. 8 - 12 REPS

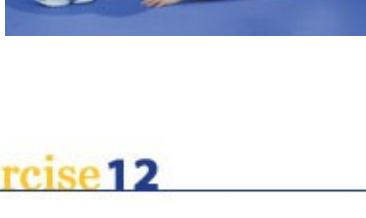


**exercise 12**

EXERCISE WALL CHART

Upper Thigh Raises

Stand on the floor with the ball pressed between your lower back and the wall, feet shoulder-width apart, heels under the center of your hips. Lift your arms in front of you or place your hands on your thighs for balance. Bend your knees to a squatting position, allowing the ball to roll up your back, keeping knees over heels. Pause when your thighs are parallel to the floor and return to the starting position. 8 - 12 REPS



**exercise 13**

EXERCISE WALL CHART

Heel Raises

Sit on top of the ball with feet flat on the floor, hips width apart. Lean your torso forward with your elbows on your knees and lift your heels as high as possible. Pause and lower. Keep your weight forward and evenly distributed across the balls of your feet. 8 - 12 REPS

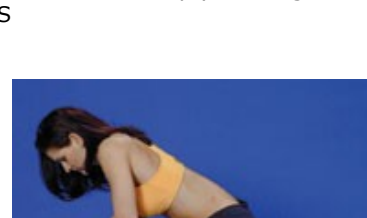


**exercise 14**

EXERCISE WALL CHART

Arm Stretches

Kneel on the floor with your hands resting on the ball, shoulder-width apart. Push the ball away from body until your forearms are supported by the ball. Flex your hips so you roll forward and back to the start. 8 - 12 REPS

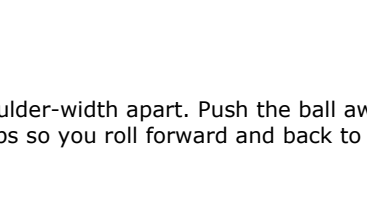
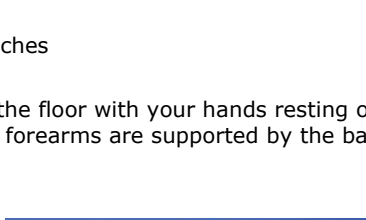


**exercise 15**

EXERCISE WALL CHART

Reverse Arm Stretches

Kneel on the floor with the ball resting between your calves. Keep your back straight and the ball behind you. Extend your arms behind you and lift the ball for 10 seconds. Pause and lower the ball to the floor. 8 - 12 REPS



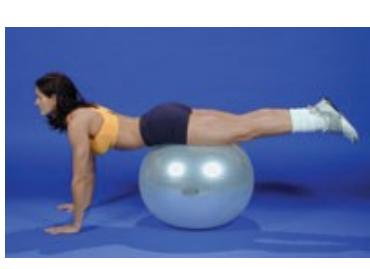
**exercise 16**

EXERCISE WALL CHART

Raised Push Ups

Lie on the ball with your hips supported on the top of the ball. Put your hands on the floor with shoulders supported over wrists. Lower your chest downward until your chin reaches the floor. Pause and push back to the starting position. Keep your shoulders aligned with your wrists. Do not do this exercise if you have weak wrists. 8 - 12 REPS





Perform these exercises in accordance with the illustrations and instructions provided on this site. Consult your physician prior to using any fitness product or starting any exercise routine.

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