Fitball Routine

As with any new exercise routine, always ease yourself into the exercises, moving slowly allowing the body time to adapt.

Exercise should never be painful, if you are causing pain or discomfort as you exercise then you need to ease back. If still painful STOP and ring your practitioner for advice.

Follow instructions laid out for each exercise unless advised differently by your practitioner.

Only attempt exercises you have been assessed and advised as safe for you to do

Body Balance Osteopaths

01708 702200
bodybalance.co.uk
153 Oldchurch Road
Romford
Essex

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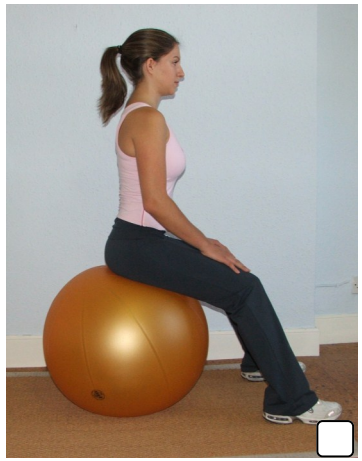

Pelvic Rock

- Sit on apex of ball, legs shoulder width apart. Maintaining upright posture
- **Activate Your Core**
- Rock your pelvis forwards and backwards while maintaining an upright posture
- Tempo 1-2-3

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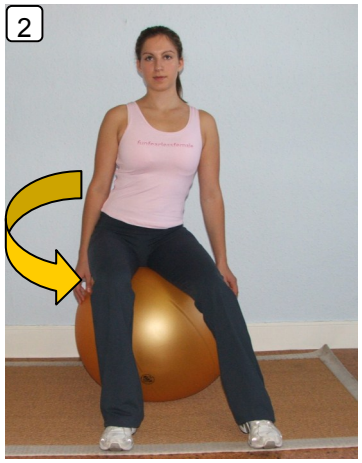

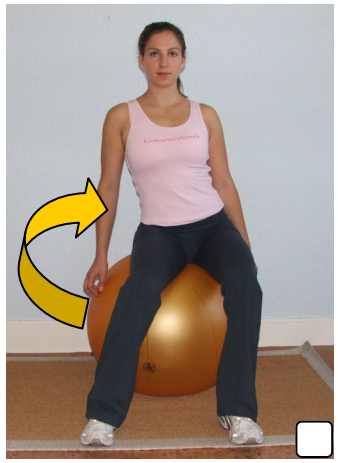

Pelvic Circumduction

- Sit on apex of ball, legs shoulder width apart. Maintaining upright posture
- **Activate Your Core**
- Rotate clockwise**10 rotations**
- **10 rotations** anti-clockwise
- As your rotate visulise each muscle tensing in sequence
- Tempo 1-2-3

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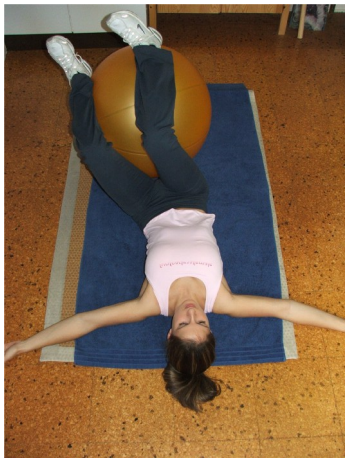
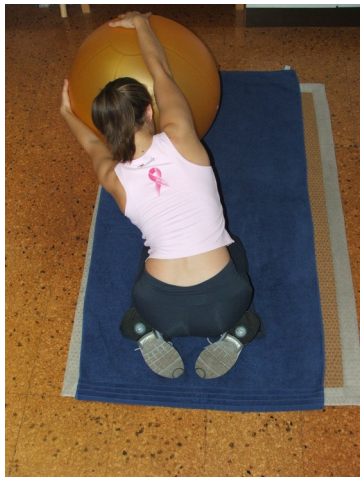
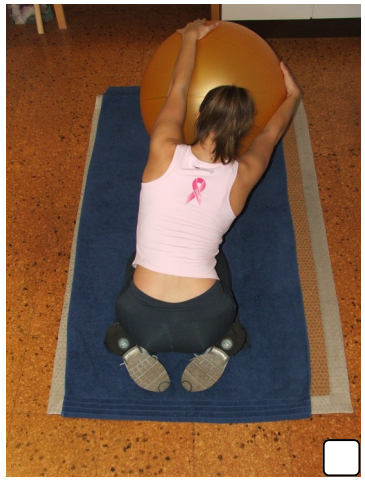


Prone Oscillation

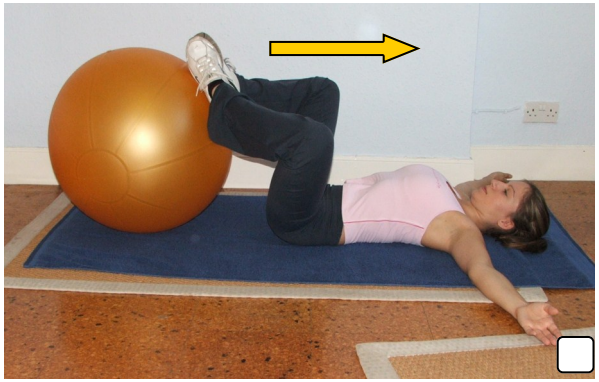
- Lie on floor with arms outstretched palms facing upwards
- Pull the ball towards your bottom with legs to either side of the ball apex
- **Activate Your Core**
- Slowly roll ball to the left then back towards the midline then right and repeat **10 oscillations**
- Tempo 1-2-3 left, back to midline, 1-2-3 right





Supine Oscillation

- Sit on back on your heels
- Place hands on either side of the ball apex dropping your head in between but maintaining alignment
- **Activate Your Core**
- Slowly roll ball to the left then back towards the midline then right and repeat **10 oscillations**
- Tempo 1-2-3 left, back to midline, 1-2-3 right



Frog Technique

- Lie on floor with arms outstretched palms facing upwards
- Place heels on the apex of the ball
- Slowly roll ball towards bottom, bringing soles of feet together and dropping knees to the side
- Hold position without discomfort for
- **Hold for** [30sec] [60sec]
- **Repeat** [2] [3] times

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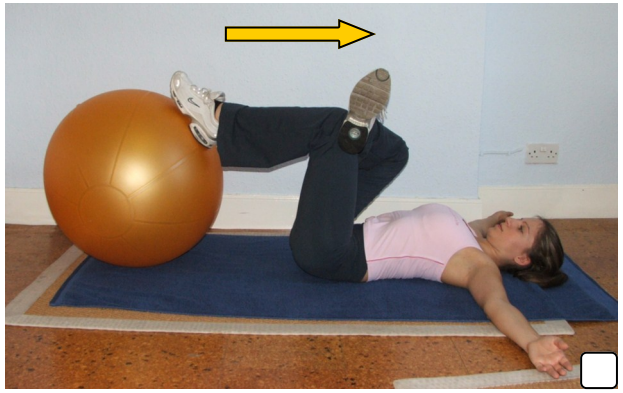
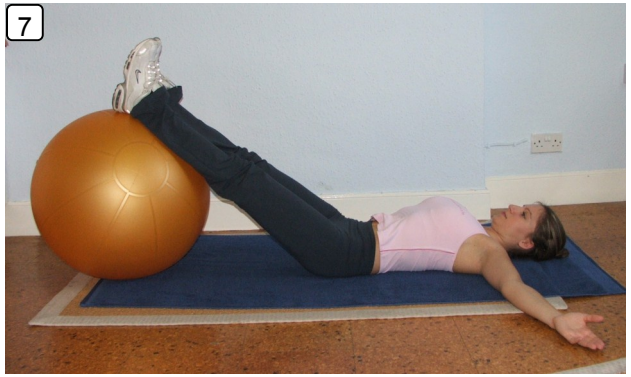
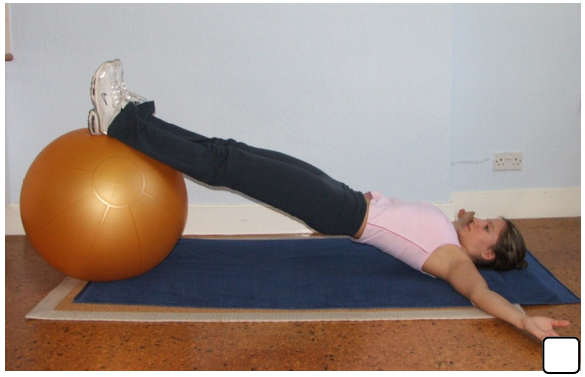


Piriformis

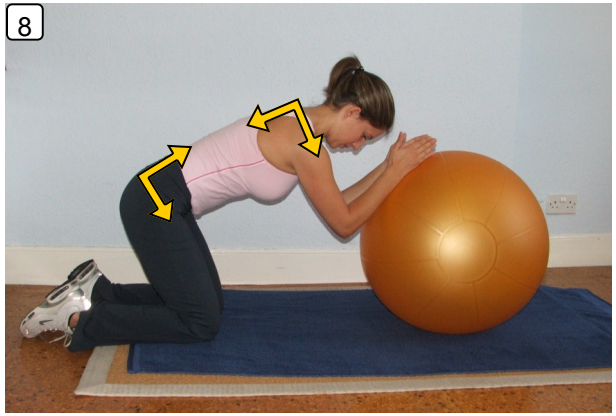
- Lie on floor with arms outstretched palms facing upwards
- Place both ankles on ball apex
- Slide right ankle along left shin to above knee
- Slowly roll ball towards you as shown
- **Hold for** [30 sec] [45 sec]
- Repeat for opposite side
- **Repeat** [2] [3] times





Supine Bridge

- Lie on floor with arms outstretched palms facing upwards
- Place ankles on the ball apex
- **Activate your core**
- Lift your bottom off floor as shown
- **Hold for** [15 sec] [30 sec] [45 sec]
- Rest for 15 sec
- **Repeat** [2] [3] times



Forward Ball Roll

- Kneel on floor placing both hands below apex of ball
- Shoulders and hips should be at 90° to body as shown
- **Activate your core**
- Roll ball forwards as shown
- **Hold for** [15 sec] [30 sec] [45 sec]
- Rest for 15 sec
- **Repeat** [2] [3] times

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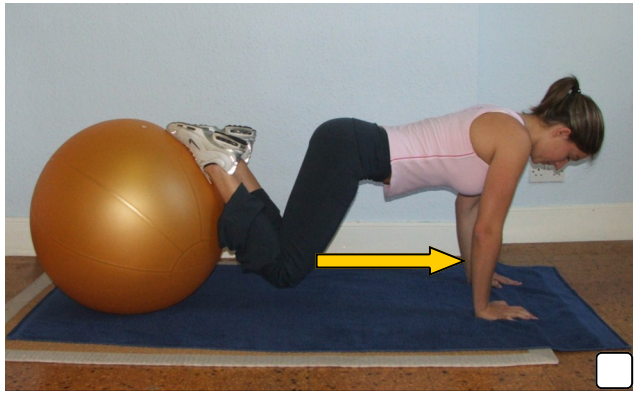

Prone Bridge (Jack Knife)

- Start by kneeling then placing both feet on the ball apex as shown
- **Activate your core**
- Hold form for allotted time
- **Hold for** [15 sec] [30 sec] [60 sec]
- Rest for 15 sec
- **Repeat** [2] [3] times
- Advance to the jack knife by pulling ball underneath your body without loosing form and back to bridge 1-2-3 tempo

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Squat (Back On Ball)

- Start by bridging the ball as shown, with legs shoulder width apart
- **Activate your core**
- Roll forward bottom towards floor without allowing knees to move forward
- Hold form for allotted time
- **Hold for** [15 sec] [30 sec] [60 sec]
- Rest for 15 sec
- **Repeat** [2] [3] times

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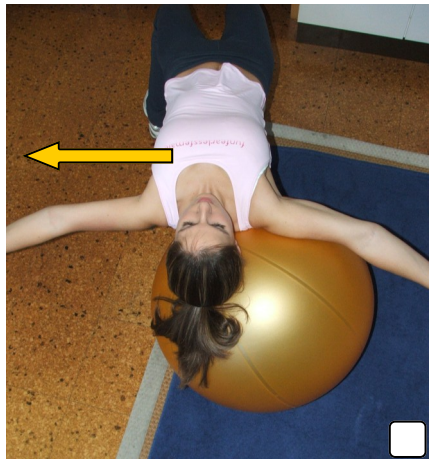

Lateral Ball Roll

- Start by bridging the ball as shown, with legs shoulder width apart
- **Activate your core**
- Roll side ways on the ball while shuffling your feet in the same direction
- Hold form for allotted time maintaining perfect form
- **Hold for** [15 sec] [30 sec] [60 sec]
- Rest for 15 sec
- **Repeat** [2] [3] times

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McKenzie Press Up

- Lie on floor with arms placed by the shoulders
- Breathe in and on the out breath push up locking the elbows
- **Hold** this position for **[10] [15] [30] [60]** seconds
- Rest for **[15]** seconds and repeat **[3]** repetitions

Prone Cobra

- Lie on floor with arms held to the side as shown, palms facing upwards
- **Breath in and on the out breath lift the legs and torso off the ground**
- **Hold for** [15] [30] [60] seconds [2 min] [3 min]