

**SportDynamics™
Strength Training:
Stability Ball Workout
Part 1 of 2**

SportDynamics



Purpose:

To develop local muscular strength and endurance

Program design:

This particular program was designed to improve strength and core stability. This program is suitable for athletes of all sports and fitness levels.

Equipment needed:

You will need one (1) exercise ball.

Coach's note:

Always warm up with 3-5 minutes of jogging and then perform 10 minutes of dynamic mobility exercises for all body parts and movements. (e.g.: walking lunges, arm rotations, leg swings, a-skips, etc.)

As your fitness improves increase the load or the number of sets/reps for each exercise. Get creative and change up the exercises. Have fun!

[Thank you](#) for visiting my site and trying the workouts. Your feedback is always welcome.

Triston Mitchell
SportDynamics Performance and Fitness Training

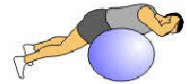
1. Stability ball plank

1. Start by kneeling behind your ball
2. Place your elbows on the ball and center your body weight
3. Drive your hip up and lift your knees off the ground
4. Keep the torso upright with eyes focused ahead
5. Hold the position for 30 seconds and repeat



2. Stability ball back extension

1. Lay over the ball with your hips and body supported by the ball with a straight line from your heels to your shoulders
2. Allow your body to bed down over the ball (as seen in picture)
3. Then extend your body fully upward back into a straight line
4. Complete 12 reps rest and repeat



3. Single-arm abdominal roll-out

1. Start by kneeling and placing one arm on top of the ball.
2. With your abs tight, roll the ball forward letting your body roll forward with it
3. Reach a point where it is hard to maintain stability and then using just your arm bring the ball in towards your body
4. Keep your hips parallel with your body and use your arm to move the ball forward and backwards
5. Repeat 6 reps with each arm



4. Single-leg supine bridge balance

1. Start by lying on top of the ball with supporting your neck.
2. Extend your hips into the air creating a table top position
3. Squeeze your glutes and raise one leg off the floor
4. Maintain a tight ab contraction as you lower the leg
5. Cycle 12 repetitions with each leg



5. Lateral flexion

1. Start by lying across a stability ball so that the ball is placed under your hip (you may need to place your feet against the wall for support)
2. Flex your body downward then raise your upper body towards the ceiling maintaining a straight line from head to heel
3. Repeat 12 repetitions and then switch to the other side



6. Walk outs

1. Begin by kneeling behind the ball with palms on the ball
2. Walk yourself over the ball stabilizing with each step of the hands
3. As you get further down the ball pause at the most difficult point then walk yourself back to the starting position
4. Complete 6 reps forward and 6 reps backward
5. Rest and repeat



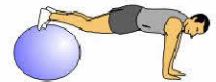
7. Single-arm balance

1. Start by placing your feet on top of the ball and holding a plank position with your hands on the ground
2. Once your body is stabilized in this plank position slowly raise one arm off the ground
3. Bring the arm forward and then return to the ground
4. Complete 6 reps with each arm, rest and repeat



8. Single-leg balance

1. Rollout on the ball until just your feet are on the ball and you are forming a bridge
2. Keeping this position lift one foot off of the ball and hold for 1-2 seconds
3. Return to the starting position and repeat with the other leg
4. Complete 6 reps with each arm, rest and repeat



Cool Down:

After the workout take an easy 2-5 minute walk to bring your heart rate down slowly and under control. After your cool down period you can then begin your stretching routine. Spend about 5-10 minutes stretching post workout. You should have a stretch for every major muscle worked and hold each stretch for 15 seconds and do 2-3 reps of each stretch.