

Exercise Ball

Exercise made easy by



Equipment:

Sturdy chair

Plastic soccer ball

2sq meters of open space

Frequency

Aim for 10 repetitions

Rest for 1 minute

Repeat 2-3 times

Thigh squeeze

1. Sit comfortably in the chair with the ball between your knees
2. Squeeze your thighs together
3. Hold for 3 seconds
4. Relax



Leg lifts

1. Sit comfortably on the chair, place the ball between your feet
2. Engage your core to keep your thighs still throughout the lift
3. Slowly raise the ball by straightening your legs
4. Pause when your legs are straight
5. Slowly lower the ball by bending your legs



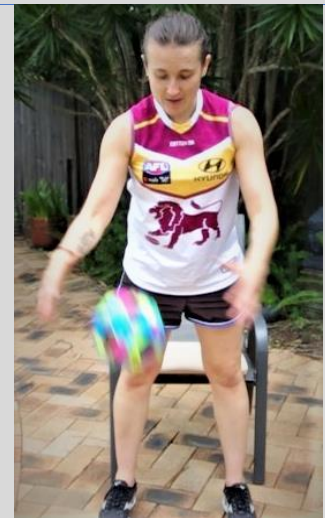
Chair stands

1. Sit in the chair, hold the ball in front of you
2. Feet flat on the ground, shoulder width apart
3. Engage your core muscles
4. Lean forward 'nose over toes'
5. Slowly stand up out of the chair
6. Pause when you are fully standing
7. Slowly lower yourself back into the chair



Reaction game

1. Complete the stand portion of the chair stand
2. Add a ball bounce and catch
3. Sit back down into the chair



Ball balance and walk


1. Stand in a clear space with a chair or wall to use for support if needed
2. Hold the ball out in front of you
3. Place one foot in front of the other
4. Hold this balance stance for 10 seconds

Try heel toe walking as an extra challenge



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