



Why Use Exercise Balls?

Exercise balls can be added into any exercise program to help challenge core strength and stability.

Why Work Out With an Exercise Ball?

- Improves balance.
- Increases the strength of your core muscles (stomach, back and gluteal muscles).
- Adds variety to your workout.
- Helps strengthen your entire body.

Selecting the Exercise Ball for You

Your Height Diameter	Ball
4ft 7in – 5ft	45 cm
5ft 1in – 5ft 6in	55 cm
5ft 7in – 5ft 11in	65 cm
6ft – 6ft 3in	75 cm



Technique Tips

- Get comfortable on the ball by practicing changing position from sitting to lying.
- Try each exercise without weights first.
- When you first start, do the exercises on a cushioned surface, like carpet. As you get more comfortable, do the exercises on a more firm surface to increase the difficulty.
- When sitting on the ball:
 1. Sit up straight with good posture.
 2. Place your feet slightly wider than your hips with your knees bent at a 90-degree angle.
- Always hold abdominal (stomach) muscles tight.

Your Workout

- Spend at least 5-10 minutes warming up by moving or walking.
- Begin with one set of 8-12 repetitions, or do what you can.
- Intermediate and advanced exercisers may increase the intensity to two or three sets of 8-12 repetitions.
- If you have difficulties with balance, have extreme back or neck problems, or are pregnant, you may not be able to do all of these exercises.

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Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury, talk to your doctor before beginning this exercise program.

The advice presented is in no way intended as a substitute for medical consultation, and the Utah Department of Health disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and talk to a doctor.

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Exercise Ball Exercises

A Fun and Convenient Way
to Add Strength Training



Back Extensions

Lie face down with the ball under your hips and stomach. Place your feet on the floor wider than shoulder-width apart. Place your hands on the front of the ball. Slowly lift your shoulders and upper body away from the ball – or as high as you can without causing discomfort. Slowly return to start position. Repeat.

Beginner: Do the same exercise with your heels against the wall.

Advanced: Repeat the exercise above with your hands behind your back.



Tricep Extensions

Sit on the ball and lift your arms toward the ceiling with your elbows close to your ears. Bend your elbows to lower your hands behind your head. Keep your arms “glued” to your head as you straighten your elbows. Return to start position. Repeat.

Advanced: Hold a dumbbell in each hand.



Chest Fly

From a sitting position, slowly roll down the ball until you are lying on your back with your shoulders and back on the ball. Your knees should be over your ankles and hips lifted so they are level with your knees. Lift both hands toward the ceiling and slowly open your arms out to each side, lowering them toward the ball with a slight bend in your elbows. Return to start position. Repeat.



Advanced: Hold a dumbbell in each hand.



Bicep Curls

Sit on the ball with good posture and tight abdominal muscles. Place your elbows to your side with palms up. Curl your arms toward your chest. Slowly return to start position. Repeat.

Military Press

Sitting on the ball, hold a dumbbell in each hand in “goal post” position. Extend your arms straight up toward the ceiling but do not lock your elbows. Slowly return to start position. Repeat.



Ball Squat

Standing a few feet away from the wall, place the ball between the wall and the small of your back (or slightly lower). With your feet hip-width apart, press the ball against the wall and bend at your knees to lower your body toward the floor. Lower your body as far as you can – without bending your knees past a 90-degree angle. Make sure that your knees do not extend out past your toes. Slowly return to the starting position. Repeat.

Advanced 1: Hold dumbbell weights in your hands.

Advanced 2: Lower into a squat position and hold while you lift your heels for heel raises.



Bent Over Row

Sitting on the ball, bend at the waist so that your upper body is almost parallel to the ground, your back flat and abdominal muscles tight. Hold dumbbells in each hand beside your feet. Lift the dumbbells, by pulling your elbows back and your shoulder blades together. Return to start position. Repeat.



Abdominal Crunch

While sitting on the ball, slowly roll forward on the ball until you are lying on your back with your hips and lower back on the ball. Your knees should be bent at a 90-degree angle. Cross your arms over your chest. Tighten your abdominal muscles and curl up – keep your neck relaxed. Slowly return to start position. Repeat.

Advanced: Repeat the exercise above with your hands reaching forward.



Back Stretch

Kneel on the floor with the ball in front and curl forward over the ball to stretch your back. Hold for 30-60 seconds. Relax and breathe.

Child’s Pose

Kneel on the floor with the ball in front of you. Place your palms on the ball and sit back toward your heels. With your palms resting on the ball, roll the ball as far forward as you can. Release and relax your upper body toward the floor. Hold for 30-60 seconds. Relax and breathe.

