



Fit Minded Olympic Challenge

Abdominal Training Workout #3:
Physio Ball Workout

3x20 Ball Circles



Ball circles are a great way to warm up the abs, lower back and the hips.

The key to this move is to engage the abs as you roll forward and focus on the lower back as you roll back.

Keeping the hands behind the head allows you to focus on good posture and balance.

Sit on the ball and place the hands on the ball for balance or behind your head (more difficult).

Slowly begin to roll the hips in a circle towards the right, making small circles and then, as you get comfortable, larger circles.

Focus on contracting the abs each time you roll the ball forward and let the hips move while keeping the shoulders stable.

Repeat for 20 circles to the right and then the left.

3x20 Seated March

Sit on the ball with the spine straight and abs in.

Begin a slow march, alternating lifting the right foot and then the left.

As you get comfortable with the movement, lift the knees higher and march faster.

You can also add a bounce on the ball if you feel comfortable.

Repeat .



10 seconds of 5-10 repetitions Seated Balance



Sit on the ball with the spine straight and abs in.

Place the hands on the ball or behind the head (harder) and lift the right foot off the floor, holding it in the air for 5 or more seconds.

Lower and repeat on the other side.

Repeat for 5-10 reps.

Keep the abs in to help keep your balance.

1-3 sets of 16-20 repetitions Ball Squat

Squats are a great exercise for the glutes, hips and thighs and adding a ball to the move can add great support for the back while allowing you to get into perfect squat position to protect the knees.

Stand about hip or shoulder-width apart and place an exercise ball behind your lower back and against a sturdy wall for support.

If you choose to hold weights, you can keep them at your sides, hold them just over the shoulders or prop them on the upper thighs.

Bend the knees and lower into a squat, keeping the knees in line with the toes.

Lower down as far as you can (but no lower than 90 degrees) and push into the heels to go back to starting position.



1-3 sets of 16-20 repetitions Butt Lifts



Lie on the ball with the head, neck and shoulders supported, knees bent and body in a table-top position.

Lower the hips towards the floor without rolling on the ball.

Squeeze the glutes to raise hips until body is in a straight line like a bridge.

Hold weights on the hips for added intensity and make sure you press through the heels and not the toes.

Repeat.



1-3 sets of 16-20 repetitions Ball Rotation

Lie with ball under your shoulders and lower back and hold a light-medium medicine ball over the chest.

Hold your body in a straight line from hips to knees.

Tightening your glutes and abs, slowly twist your body to the left, sweeping medicine ball parallel to the floor, then back up, repeating on the other side.

Watch your knees on this move and allow them to turn naturally with the body so you don't injure them.

Repeat.

