Exercise Ball Core, Stability and Strength Workout

These exercises focus on different muscle groups in your body and use an exercise ball to strengthen your core muscles.

Safety
- Always talk to your doctor or health care provider before starting any exercise program.
- Use an exercise ball that is the right size for your height and weight.
- Breathe normally while exercising. Exhale as you raise your body and inhale as you lower your body.
- Drink plenty of water before, during and after exercise.
- If you have chest pain, problems breathing, nausea or light-headedness, stop exercising and seek medical help.

Getting started
- Walk for 10 minutes outside or on a treadmill to warm up, and then do the exercises marked. End your workout with 10 minutes of stretching or walking to cool down and prevent injury.
- Do these exercises 2 to 3 times a week, resting at least one day between workouts.

Knee extension

Sit on an exercise ball with your legs bent and shoulder width apart. Place your hands on the ball as needed for balance.

Slowly straighten your right leg. Leave a slight bend in the knee. Hold.

Slowly return to starting position.
Repeat with your left leg.

Sets: _____  Reps: _____
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- **Opposite leg and arm lift**
  
  Sets: _____  Reps: _____

  Sit on an exercise ball with both arms at your sides and legs bent and shoulder width apart.

  Slowly raise your left arm and right leg at the same time.

  Slowly return to starting position. Repeat motion with your right arm and left leg.

- **Abdominal crunches**
  
  Sets: _____  Reps: _____

  On an exercise ball, lie on your back. Bend your knees and place feet flat on the floor. Cross your arms over your chest.

  Squeeze your abdominal muscles as you slowly lift your shoulder blades off of the ball. Keep your head and neck in line with your body.

  Slowly return to starting position.
### Oblique abdominal crunches

Sets: _____ Reps: _____

On an exercise ball, lie on your back. Bend your knees and place feet flat on the floor. Cross your arms over your chest.

Squeeze your abdominal muscles as you slowly lift your left shoulder blade off of the ball, turning your left shoulder towards your right knee.

Slowly return to starting position. Repeat on the other side, turning your right shoulder towards your left knee.

### Lying opposite arm and leg lift

Sets: _____ Reps: _____

LIE FACE DOWN ON THE EXERCISE BALL WITH BOTH FEET AND HANDS TOUCHING THE FLOOR.

Lift your left leg and right arm until they are even with your back. Hold.

Slowly return to starting position.

Repeat motion with your right leg and left arm.
### Hip extension

- **Sets:** _____  
- **Reps:** _____

Lie on your back on the floor with your lower legs placed on the exercise ball and your arms on the floor next to you. Slowly lift your hips straight up off of the floor using your arms and legs for support and balance. Slowly return to starting position.

### Back extension

- **Sets:** _____  
- **Reps:** _____

Lie face down on the exercise ball with both feet shoulder width apart on the floor and hands behind your head. Use your lower back muscles to slowly lift up your head and torso. Be sure to not over extend your back. Your back should be aligned with your legs. Slowly return to starting position.
Wall squat

Stand with feet shoulder width apart. **Hold a dumbbell in each hand** with palms facing toward the body. Let arms hang at your sides. Squat down to a sitting position, keeping your knees over your toes. Slowly return to standing position.

**Weight:** ____  **Sets:** ____  **Reps:** ____

Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

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