Exercise Ball and Band Workout

These exercises focus on different muscle groups in the body using an exercise band for resistance and 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.
- Use an exercise band with light resistance to start. After a few weeks, assess the difficulty of each exercise and consider changing to an exercise band with medium resistance to keep your muscles challenged and to keep seeing results.
- Breathe normally while exercising. Exhale as you raise the weight and inhale as you lower the weight.
- 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.

**Chest press**

**Sets: _____ Reps: _____**

Place the exercise band behind you across your shoulder blades. Hold the ends of the exercise band at chest level with arms bent at your sides and palms down.

Slowly press your arms forward, keeping a slight bend in your elbows.

Slowly return to starting position.
**Seated row**

Place the middle of the exercise band under your feet. Hold the ends of the exercise band in each hand. Slowly pull your hands towards your hips, leading with your elbows. Keep your arms close at your sides and squeeze your shoulder blades together. Hold. Slowly return to starting position.

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

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**Scapular chest pulls**

Hold the exercise band with both hands, palms facing down. Arms are straight out in front of you at shoulder height. Slowly extend your arms out to your sides, keeping your arms straight and at shoulder height. Keep a slight bend in your elbows and squeeze your shoulder blades together. Slowly return to starting position.

**Sets:** _____  **Reps:** _____
- **Scapular pull downs**

  Hold the exercise band with both hands, palms facing forward and arms extended over your head, shoulder width apart.

  Slowly pull your arms to the sides and down to shoulder level. Keep a slight bend in your elbows.

  Slowly return to starting position.

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

- **Biceps curls**

  Place the one end of the exercise band under your right foot. Hold the other end of the exercise band in your right hand with your arm down at your side.

  Bend your elbow slowly, raising your hand toward your shoulder. Squeeze your biceps and keep your elbow against the side of your body with your wrist straight. Hold.

  Slowly return to starting position.

  Repeat on the other side.

  **Sets:** ____  **Reps:** ____
- **Triceps press down**
  
  Hold the exercise band in the middle and at one end. Place your left hand near your right shoulder. Place your right hand below.
  
  Slowly lower your right hand down by your side, keeping a slight bend in your elbow. Hold.
  
  Slowly return to starting position. Repeat on the other side.
  
  Sets: _____  Reps: _____

- **Triceps press forward**
  
  Hold the exercise band in the middle and at one end at shoulder height close to your chest.
  
  Slowly straighten your right arm out to your side at shoulder height with your palm facing down. Keep your left hand still. Hold.
  
  Slowly return to starting position. Repeat on the other side.
  
  Sets: _____  Reps: _____
**Calf raises**

Stand with feet shoulder width apart. **Hold a dumbbell in each hand** with palms facing toward the body. Let arms hang at your sides.

Lift your heels as high as you can, shifting your weight to the balls or front part of your feet.

Slowly lower your heels to the floor.

**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.
**Abdominal crunches**

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

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

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.

Sets: _____  Reps: _____

**Oblique abdominal crunches**

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.

Sets: _____  Reps: _____

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

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

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