February Workout
Physio Ball Exercises

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Back Extension with Ball

Starting Position
Begin very close to a wall, facing away from it. Pull the ball into your knees as close to your body as possible. Keep your knees on the ground and the ball centered between your feet. Bend your knees and lower the ball to the ground, keeping the ball centered between your feet and the ball. Add the ball if necessary so that it is under your hips. Place your hands on the back of your head or across your chest.

Action
EXHALE: Extend your hips, bringing your torso upward toward the wall as high as possible. Watch for a quadrants.

INHALE: Slowly return to starting position to complete one rep.

Special Instructions
Make sure your feet are flat on the wall and that your weight is pressed into them for stability.

Muscles Worked: Lower back

Crunches with Ball

Starting Position
Begin by sitting on top of the Swiss ball. Roll in the direction your head is pointed until your lower back is supported by the curve of the ball. You can either cross your arms over your chest or place your hands behind your ears. Do not put them behind the head or close them together behind your head.

Action
EXHALE: Crunch forward, using your abdomen. Until you are at approximately a 45 degree angle to the ball. Keep your body in a neutral position.

INHALE: Lower yourself back to the starting position, where your head wraps back around the ball. Try doing 2 sets of 15 crunches.

Special Instructions
Keep space m between your chin and chest, so your same stays a way in a neutral position. Balance yourself on the ball as much upper body weight off the ball as possible without falling over backwards.

Muscles Worked: Abs

Pushups on the Ball

Starting Position
Start behind the ball, place your m favorite on the ball and roll forward until your hands reach the floor. Walk out with your hands until the ball is underneath your hips. Place your hands shoulder-width apart and keep your arms and body straight, also engaged.

Action
INHALE: Lower your upper body toward the floor by bending your elbows to 90 degrees and the ball. I

EXHALE: Straighten arms and return to the starting position.

Special Instructions
Keep your abs engaged and maintain a straight line from your shoulders to your hips and up and down. For a more advanced version, walk your hands out further until the ball is closer to your armpits.

Muscles Worked: Chest, Triceps

Wall Squats with Ball

Starting Position
Place Swiss ball between your lower back and a wall. Lean against the same ball with your feet hip-width apart. 12 in front of you.

Action
INHALE: Slowly lower your body, bending at the hips. You can lower one arm at a time to get low to the motion. Once you feel comfortable, always lower yourself to a comfortable position. Don't exceed 90 degrees of the knee.

EXHALE: Straighten legs and return back to the standing position to complete one rep.

Special Instructions
Keep weight on your heels, don't let your knees extend over the plane of your toes.

Muscles Worked: Glutes, Hamstrings

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