

# 2002 Physioball Supplement

- *These exercises are not detailed on the 2002 Off-Ice Training video but will be taught in detail during the 2002 Reach for the Stars Seminar.*

## CORE STRENGTH

### Physioball/ Sport Cord Rotational Exercise

- Equipment needed: physioball, sport cord, wall bracket or door to anchor sport cord.
- Anchor the sport cord to a wall bracket or door (you can also have a partner hold the cord to help anchor).
- Take the other end of the cord and walk out away from the wall until band is at the desired tension. Sit on the physioball facing the attachment site.
- Rotate 90 degrees to one side and grab the cord with both hands. The band will pull you a little to the side it's anchored to, so tighten your abs to avoid a loss of balance.
- Keep your arms straight and shoulder height, slowly pull the cord across your body without leaning to the side.
- Maintain perfect posture, slowly let the cord come back to the starting position and repeat.



### Exercise Tips

1. Maintain contracted abdominals throughout the exercise.
2. To advance the exercise pick up one foot while you perform the exercise.

**Perform 3 sets of 15-20 reps on each side. Twenty second rest between sets.**

## Supine Bridge

- A. Sit on the physioball. Now walk your feet forward and recline on the ball.
- B. Shoulders are in the middle of the ball and your feet are firmly on the ground (knees bent at 90 degrees)
- C. Hold out your arms in a "T" formation, and raise your hips off the ball.
- D. Your back should be parallel to the floor and your knees bent at 90 degrees your feet flat on the floor.
- E. Shoulder blades should be in the center of the ball and you should be balanced.
- F. Suck in your belly button towards your spine and hold the position for 15 seconds.
- G. To advance the exercise try alternating leg lifts



## Exercise Tips

1. Abdominals are contracted. Stomach should be firm and solid and not move up and down.
2. Once in the T formation imagine getting "skinny and tall" by contracting abs in and up.

**Perform 4-6 sets holding each for 15 seconds**

## Advanced Swiss Ball Core "T" Drill

- A. Lay flat on the floor with arms in a "T" formation, place heels on to the physioball while keeping the legs together and straight.
- B. Once you are balanced raise your hips up off the ground and try to keep your back straight.
- C. Now that you are balanced on the ball with your back straight, contract your lower abs (belly button to spine) and then tighten up (skinny and tall).



### Exercise Tips

1. To advance the exercise: try doing it with one foot on the ball. This will improve balance, coordination and core strength.

**Perform 4-6 sets holding each for 15 seconds**

### Supermans

- A. Lie prone over the ball with hands and feet on the floor. Keeping your feet on the floor.
- B. Lift your arms and shoulders up so your body is in a straight line.
- C. Hold 3 counts then lower back to the floor.



**Perform 3 sets of 10-15 reps. Twenty second rest between sets.**

### Swimmers

- A. Lie prone over the ball with hands and feet on the floor.
- B. Lift right arm and left leg up even with your body, lower to the floor then lift left arm and right leg and lower.
- C. Continue this sequence until you have done 10 total repetitions.

**Perform 3 sets of 10-15 reps. Twenty second rest between sets.**



### Walkouts

- A. Lie prone on the ball with hips on the ball and arms straight with hands on the floor.
- B. Walk out from the ball on your hands keeping your body perfectly straight like a plank until you reach your ankles.
- C. Hold this position 10 counts then walk your hands and body back to starting position.



### Exercise Tips

1. Keep knees straight.
2. Do not rest on your shins.

Perform three sets of 6-8 repetitions. Twenty second rest between sets.

## STRENGTH

### Physioball Single-Leg Squats

- A. Place one foot on the ball, and one foot flat on the floor. The ball will be behind you.
- B. Foot placement on the floor should be approximately 1 – 3 feet out away from the ball, depending upon the leg length of the skater.
- C. With hands to your side and torso straight, drop the hips toward the ground, bending the front knee to a 90°angle, thigh is parallel to the floor.
- D. Return to the starting position and continue to perform the exercise to a desired number of repetitions. Switch Legs.
- E. To increase resistance, a barbell or dumbbells may be used.



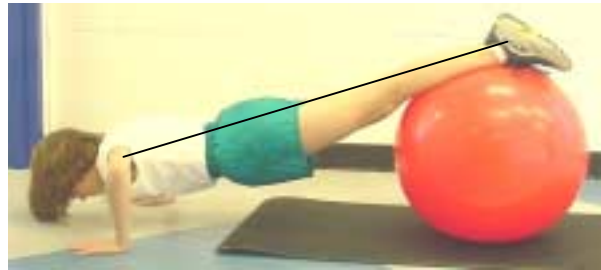
### Exercise Tips

1. The foot that is on the ground must remain flat.
2. Do not let the knee extend over the toes.
3. With the leg/foot on the ball, try to remain balanced with foot in contact with the ball.

**Perform 3 sets of 8 – 10 repetitions per leg, rest 1 – 1.5 minutes between sets.**

### Physioball Push-Ups

- A. Roll across the stability ball with feet on the ball and hands on the floor, simulating a push-up position across the ball.
- B. Try to flex ankles, with toes on the ball.
- C. Torso must be straight, there should be a straight line on the head, shoulders, hips and legs.
- D. By bending your elbows, lower your body towards the floor.
- E. Abdominals and back must be straight and not sagging.
- F. Extend the arms out to push your body back to the start position.
- G. This exercise can be modified if too difficult. Begin with the ball at your hips then progress to thighs and finally to the shins.



### **Exercise Tips**

1. Make sure that your hands on the floor remain flat and pointing straight ahead.
2. Relax your head, keep in a neutral position, and always keep torso in a contracted, straight line, on each repetition of the push-up.

**Perform 3 sets of as many push-ups as you can do per set, for all 3 sets (range of 8 – 15 reps). Remember, you must maintain correct technique for all sets and repetitions. Rest 1 – 1.5 minutes per set**

### **Physioball Dumbbell Shoulder Press**

- A. In a seated position on the stability ball, hold a pair of dumbbells just above the shoulders.
- B. Palms facing straight ahead.
- C. Feet must be flat on the floor, torso remains straight, head up, shoulders square.
- D. The exercise movement involves extending the dumbbells in a pressing motion upward, moving straight up vertically.
- E. Lower weights, with control, back to the start position to finish the repetition.



### **Exercise Tips**

1. Torso must remain erect, with good posture.
2. Extend the arms all the way overhead. The upward press of the dumbbells must be done in a slow, controlled movement.
3. Maintain balance on the stability ball with the feet/legs and hips.

**Perform 3 sets of 8 – 15 repetitions. Rest 1 – 1.5 minutes between sets**

## FLEXIBILITY

### Back & Shoulder Stretch

- A. Kneel behind ball and place hands on top of ball with arms extended.
- B. Sit down on heels and allow spine to relax and curve forward.
- C. Roll ball forward, allowing hips to rise slightly, keeping chest low to the floor.
- D. Roll the ball slightly to the left and hold, then repeat to the right and hold.

\* Starting position is with arms on top of the physioball and chin pressing towards the ground.



### Exercise Tips

1. Move hands on ball as it rolls forward so arms remain straight.
2. Keep head between arms and eyes focused on the floor.

**Hold initial position for 20 – 30 seconds. While rolling side to side hold an additional 10 seconds on each side. Stretch may be done several times a day**

### Side stretch

- A. Kneel next to the ball, placing outside leg to the side and hands on top of the ball.
- B. Lie sideways over the top of the ball and let the top arm hang over head.
- C. The top leg should be in front and the bottom leg behind as the feet press into the floor allowing the body to roll over the ball sideways.
- D. Relax the weight of body on ball and keep body in line so that only side touches ball.
- E. With the arms, grab the top wrist with the bottom arm and gently pull through the stretch.



### Exercise Tips

1. Keep feet planted on floor once knees start to extend.
2. Inside leg may stay in kneeling position if need be as outside leg extends.

**Hold this stretch for 20 – 30 seconds. Repeat on other side. Stretch may be done several times a day**

### Back Arch

- A. Sit on ball. Walk feet forward, while leaning body back onto ball.
- B. Let the ball roll up the spine to mid-back as hips sink into a squatting position.
- C. Straighten knees and reach arms over head at the same time, till hands touch the floor.



### Exercise Tips

1. Keep feet planted on the floor once knees start to extend.
2. Make sure ball is supporting the back.

**Hold this stretch for 20 – 30 seconds. If dizziness occurs shorten the time in full extended stretch.**

### **Piriformis Stretch ( Hip Extensor)**

- A. Lie on back on floor.
- B. Place ball under knees and straighten them.
- C. Bend one knee and place ankle on other leg right above the knee.
- D. Roll ball toward body by bending straight leg.



### **Exercise Tips**

1. Keep back flat on the floor.
2. Do not hold breath – breath comfortably

**Hold stretch 20 – 30 seconds on each side. Stretch may be repeated several times daily**

## **BALANCE**

### **Balance Hip Flexion**

- A. Sit on the ball with your feet shoulder distance apart. Keep your trunk upright, maintain a pelvic tilt, and distribute weight equally.
- B. Alternate legs as you perform hip flexion. Lift one knee and hold for a five count.
- C. Return to a starting position and lift the other knee. Keep your eyes OPEN as you perform this exercise.
- D. Alternate legs as you perform hip flexion. Lift one knee and hold for a five count. The ball should not move. Return to a starting position and lift the other knee.



### **Exercise Tips**

1. Ball remains steady throughout exercise.
2. Keep your eyes CLOSED as you perform this exercise.

**Perform each sequence 5 times holding each leg lift for a 10 second count**

### **Balance Sitting**

- A. Sit on the ball with your feet a little wider than shoulder distance.
- B. Keep your trunk upright, maintain a pelvic tilt, and distribute weight equally.
- C. Grip the ball using your feet, shins, and inner thighs.
- D. You should be balancing with your feet off the ground.



### **Exercise Tips**

1. Keep your head up and eyes forward while extending the leg.
2. You should be balancing with your feet off the ground.

**Perform a hold for five count, alternate legs, repeat sequence 5 times**

### **Balance Knee Extension**

- A. Sit on the ball with your feet shoulder distance apart. Keep your trunk upright, maintain a pelvic tilt, and distribute weight equally.
- B. Eyes are OPEN.
- C. Alternate legs as you perform knee extension. Extend one knee and hold for a five count.
- D. Return to the starting position and extend the other knee



**Exercise Tips**

- 1. As you extend leg the ball should not move.

**Perform the sequence five times with eyes open and five times with eyes closed holding extended leg position for a 10 second count.**

Size Physioballs:

- 45mm – 4' 7" – 5' Skater
- 55mm – 5' 1" – 5' 6" Skater
- 65mm – 5' 7" – 5' 11" Skater

Special thanks to our skaters from South Suburban Ice Arena in Denver and our other models in Illinois.