

Now You See It-Now You Don't!



You'll need a mini- ball for this class. You complete several reps of the exercise with the ball and then without the ball

Exercise	Instruction	Notes
Seated	Seated tall, legs extended. 1. Circle ball behind, change hands and to the front 2. Repeat over head	
Barrel Arm Series	Lying supine with ball under mid back 1. Circles 2. Scissors 3. Chest opening	
100	Lying supine, ball under heels. Lift into 100 position, pump arms and push down onto the ball with heels. Perform 100	
Roll Up	Place ball under sacrum. Legs to ceiling. Roll legs over, articulate spine back and lower legs to floor, extending through the thoracic. Perform the Roll Up	

Exercise	Instruction	Notes
1 Leg Circle	<p>Lying supine, left leg extended, foot flexed. Right knee bent in with ball behind knee. Squeeze ball as circle the leg.</p> <p>Repeat without ball</p>	
Rolling Back	<p>In rolling back shape, hold ball between front of thighs and forehead</p> <p>Repeat rolling</p>	
Stomach Series	<p>Place ball behind mid-back.</p> <ol style="list-style-type: none"> 1. Single Leg Stretch 2. Double Leg stretch 3. Single Leg Straight Stretch 4. Double Leg Straight Stretch 5. Criss Cross 	
Spine Stretch	<p>Seat on ball, legs extended. Arms forwards Exhale to roll down. Inhale to sit tall</p> <p>Repeat without ball</p>	

Exercise	Instruction	Notes
Open Leg Rocker	Take shape and place ball in low abdominal area. Repeat without ball	
Cork-Screw	Place ball under pelvis. Perform Cork-Screw flat. Repeat without ball	
Saw	Sit on ball. Repeat without the ball	
Swan Dive	Lying prone, place ball under chest to lift forwards Perform without ball adding rocking	

Exercise	Instruction	Notes
1 Leg Kicks	As in Swan but hold position and kick	
Neck Pull	Holding ball in hands. Lift ball up to ceiling.	
Shoulder Bridge	Lying supine, knees bent and together. Ball under thoracic spine. Articulate around the ball	
Side Kicks	Side lying with the ball under the hip, supported on the elbow, palm flat. Kicks, circles, lifts, bicycle	

Exercise	Instruction	Notes
Teaser	Holding ball in hands, legs extended to 45. Roll ball up and down legs as Teaser.	
Seal	Place ball in between soles of feet. Press 3 times and roll back Perform without the ball.	
Push-Up	Place ball between ankles. Squeeze ankles throughout Perform without the ball.	