

## ***Weighted Balls Session Plan***



Exercise	Instruction	Adaptations
Nose circles X5 each direction	Standing tall, draw small circles with the nose	Increase ROM
Single arm circles into thoracic extension X5 each side	Standing arms out-stretched, holding weighed balls. Circle one arm inwards and then extend into the thoracic spine.	Double arm circles
Spine twist with arm openings X5 each side	Standing with arms up to ceiling, holding weighted balls. Inhale to rotate through spine and open arms outwards. Exhale to return	Keep arms out-stretched
Leg Circles X5 each direction	Standing with one leg lifted 90° at hip and knee. Circle around hip joint	Figure of 8
Ankle mobility X8	Place foot onto ball, ankle secure on floor. Invert and evert foot	Hold onto wall to aid balance
Foot work X5 each direction	Place foot onto ball, toes secure. Lean forwards for calf stretch. Exhale to bend knee, inhale to lift heel, exhale to straighten leg, inhale to lower heel.	Reverse movement Hold onto wall to aid balance
Side bend breathing	Standing, inhale to bring left arm to ceiling. Exhale to laterally flex. Inhale to bring hand behind head and exhale to deepen flexion. Hold for 3 breaths.	Reduce ROM
Roll down X3	Roll down through the spine and pick up the balls. Place them behind on the sacrum. Extend back to standing.	Reduce ROM Bend knees

Knee Drops X5	Lying supine with ball in mid back. Inhale to drop one knee out. Exhale to return	Double knee drops
Hip opener X5	Lying supine with ball in mid back. Inhale to drop knee out. Exhale to extend and draw back in.	Double hip opener
Roll up with extension	Lying supine with ball in mid back. Extend arms overhead. Inhale to bring arms up, exhale to flex through the spine. Inhale to begin and exhale to return to mat, extending over ball.	Extend legs Reduce ROM
One leg circle X4 each direction	Lying supine with arms overhead hovering holding balls. One leg extended along mat, foot flexed. Other extended to ceiling. Inhale to start the circle, exhale to complete	Take arms out to sides Bend knee of circling leg Bend supporting leg
Chest stretch into extension X4	Seated with arms extended behind resting on balls. Exhale to flex through spine and press balls back. Inhale to return and extend through spine.	Reduce ROM
Roll up with small ROM X5	Seated with balls held behind head, knees bent. Exhale to flex through the spine. Inhale to extend arms out. Exhale to bring arms in. Inhale to return to neutral	Reduce ROM Hinge and take arms upwards
Spine twist X4 each side	Seated tall with arms extended up holding balls. Inhale to rotate and lower arms outwards. Exhale to return	Arms at chest height and extend one behind as rotate
½ Arc X4 each side	Seated tall with legs extended, feet flexed. Holding arms at chest height holding one ball. Exhale to flex and rotate through the spine, swooping one arm back. Inhale to return	Full arc

Rolling like a ball X6	Seated behind sit bones, in balance holding balls. Inhale to roll back, exhale to return.	Arms overhead Add in circles
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