

Stability Ball

Includes
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Stability Ball accommodates all heights and is available in three sizes: 55cm (22"), 65cm (26") and 75cm (30").

Challenge the deepest stabilizing muscles in your body while exercising on the unstable base of the Merrithew Stability Ball™. Designed to improve balance and strength as well as tone your body, these Stability Balls are even used by Pilates enthusiasts as an office chair! By alternating body parts, that hold or are supported by the Ball, the unstable nature of this tool will stimulate dynamic stabilization and proprioception.

Plank



Starting Position: Forearms on the Ball, shoulders over elbows, fingers interlaced, legs together or hip-distance apart, knees bent, hips lowered, body in long diagonal line.

INHALE Prepare.

EXHALE Extend knees and hips to come up to plank position. Hold for a few breaths in plank position.

EXHALE Lower knees back to the Mat.

Complete 5-8 repetitions.

Side Leg Lift Series – Top Leg Abduction



Starting Position: Side-lying against Stability Ball, bottom knee on floor, bottom hip, waist and arm on Ball, top leg straight with foot on Mat, top hand on front of Ball for support.

INHALE Point foot and lift top leg.

EXHALE Push heel away and lower foot to the Mat.

Complete 8-10 repetitions.

Seated Spinal Rotation



Starting Position: Seated on Ball, pelvis and spine neutral, elbows bent with hands behind the head.

INHALE Lift one knee.

EXHALE Rotate torso toward the knee.

INHALE Return to center.

EXHALE Lower foot down. Repeat on the other side.

Complete 5-8 repetitions.

Half Roll Back



Starting Position: Seated on Stability Ball, spine in neutral position. Feet flat on the Mat, hip-distance apart. Hands resting on sides of Ball.

INHALE Prepare.

EXHALE Tighten abdominals and roll lower back.

INHALE Return to Starting Position towards the Ball, rolling Ball toward feet.

Complete 5-8 repetitions.

Breast Stroke Prep, Thoracic Extension

Starting Position: Lying on stomach, torso rounded over Stability Ball, knees bent on Mat, toes tucked under, hands on sides of ball.

INHALE Prepare.

EXHALE Straighten knees off the Mat simultaneously extending upper back.

INHALE Stay.

EXHALE Lower to start position.

Complete 5-8 repetitions.



Push Up



Starting Position: Facing the Mat, hands directly under shoulders, plank position, legs together, shins or knees resting on Stability Ball.

INHALE Bend elbows and lower torso toward Mat, body creates a diagonal line.

EXHALE Lengthen elbows and returning to Starting Position.

Complete 5-8 repetitions.

Mermaid



Starting Position: seated on Stability Ball, pelvis and spine neutral, hands resting by sides of Ball, legs hip-distance apart.

INHALE Reach one arm overhead, palm in.

EXHALE Side bend toward one side, allow hips to move slightly to opposite side.

INHALE Return to vertical and reach arm overhead.

EXHALE Lower arm to side.

Repeat on other side.

Elephant



Starting Position: Facing the Mat, hands directly under shoulders, shins or knees on Stability Ball, spine rounded, hips bent slightly.

INHALE Prepare.

EXHALE Pike hips up to the ceiling to pull Ball in, keeping a slightly rounded spine.

INHALE Lower hips allowing Ball to roll back to Starting Position.

Complete 5-8 repetitions.

Roll Over



Starting Position: Lying on back on Mat, arms by sides. Stability Ball between ankles, legs straight, off the Mat and on diagonal.

INHALE Hinge legs toward torso.

EXHALE Roll spine off Mat reaching legs overhead parallel to the floor (keep legs parallel to the floor or lower and lift Ball down to floor if hamstring flexibility permits).

INHALE Stay.

EXHALE Roll spine back to Mat, keeping legs lifted, reach legs on diagonal.

Complete 5-8 repetitions.

Leg Pull Front



Starting Position: Facing Ball in plank position, hands on Stability Ball in line with shoulders, legs together or apart.

INHALE Prepare.

EXHALE Extend one hip, lifting foot off the Mat.

INHALE Lower foot down.

Repeat on other side.

(Can be done resting on forearms if wrists are sensitive).

Complete 3-6 repetitions per side.

Bend & Stretch



Starting Position: Lying on back on Mat, pelvis and spine neutral, knees bent, legs laterally rotated, feet wrapped on front of Stability Ball, shoulder-distance apart.

INHALE Prepare.

EXHALE Extend knees and push Ball away.

INHALE Bend knees and pull Ball in.

Complete 8-10 repetitions.

Swan Dive Prep



Starting Position: Facing Mat, pelvis on Stability Ball, hands on Mat, pressed up to extend spine, legs laterally rotated and just wider than hips, legs in line with top of Ball.

INHALE Prepare.

EXHALE Initiate by reaching legs up and back maintaining hips and spine in extension. Simultaneously bend elbows to rock forward.

INHALE Extend elbows to rock back up. Ball will move slightly.

Complete 5-8 repetitions.

Spine Stretch Forward



Starting Position: Seated on Stability Ball, pelvis and spine neutral, legs shoulder-width apart, hands on sides of Ball, knees bent.

INHALE Prepare.

EXHALE Extend knees, dorsiflex ankle and round torso forward over legs starting from head. Simultaneously reach arms back, palms in and thumbs down.

INHALE Flex knees and roll up to vertical from pelvis to head, to return to Starting Position.

Complete 5-8 repetitions.

Hip Rolls



Starting Position: Lying on Mat, lower legs resting against the Ball. Legs bent, hip-distance apart. Spine in a neutral position.

INHALE Prepare.

EXHALE Articulate spine off Mat from pelvis to head.

INHALE Stay.

EXHALE Roll spine from head to pelvis onto Mat.

Complete 3-5 repetitions.

Starting Position: Lying on back on Mat, imprinted pelvis, upper back lifted off the Mat, hold Stability Ball between lower legs and ankles, legs to the ceiling over hips, hover arms long by sides.

INHALE Scissor legs.

EXHALE Lower legs maintaining imprint.

INHALE Bring legs back up to ceiling.

EXHALE Scissor legs back to center.

Complete 4-8 repetitions alternating scissor leg.



WARRANTY, CARE AND USAGE FOR STABILITY BALL™

The Merrithew™ Stability Ball can be used to facilitate a large number of Matwork or Reformer-based exercises. The Stability Ball's anti-burst polyvinyl construction sustains loads of up to 250 kg. Its non-slip ribbed surface helps sustain body/ball positioning while performing static or rolling moves. Used in conjunction with the complete line of Merrithew Stability Ball videos will challenge balance, control and coordination and increase strength, flexibility and alignment.

Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Rinse well
- Ensure product is dry before using
- Never use corrosive cleaning products

Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Use the Stability Ball only for intended exercises.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Do not use the Stability Ball if it appears worn or damaged.
- Keep sharp objects away from the Stability Ball.
- Do not allow children to use or be around the Stability Ball without adult supervision.
- Maintain control of the Stability Ball at all times while exercising.
- Do not try to kneel or stand on the Stability Ball without holding on to a secure object or using a spotter to help maintain balance.
- Before starting any exercise program, consult a physician.