



6 WAYS *to* FITNESS *with the* Halo[®] Trainer

The stability ball is a great way to improve core strength and coordination. Now the versatile Halo[®] Trainer adds a new dimension to traditional exercises.

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1

Crouch to plank

Focus: Shoulders and arms, abdominals, quads, hip flexors

SETS 2 | REPS 5

A Holding short handles, shins on top of ball, pelvis and spine neutral.

B Inhale to prepare; exhale to flex the spine and pull the knees up toward the shoulders, rolling the ball in; inhale to lengthen out to plank.

EXPERT TIP PROGRESS WITH THE EXERCISE BY LIFTING THE HIPS TO A PIKE POSITION.



B

six ways to fitness with the halo® trainer

2



A



B



Swan

Focus: Shoulders and arms, spinal extensors, hip extensors, abdominals

SETS 2 | REPS 5

A Start: Holding short handles, shins on top of ball, pelvis and spine neutral.

B Inhale to extend legs, rolling ball away; extend spine, supporting with abdominals, exhale to press with the arms and roll the ball back, flexing the shoulders; inhale to return to swan.

EXPERT TIP ALLOW THE UPPER TORSO TO TIP FORWARD AS THE LEGS LIFT HIGHER ON THE ROLL BACK.



six ways to fitness with the halo® trainer

3

Plank to flexion

Focus: Shoulders, arms, abdominals

SETS 2 | REPS 10

A Start: Plank position, holding short handles, pelvis and spine neutral.

B Inhale to prepare; exhale to flex the spine and pull one knee in toward chest; inhale to lengthen back out to plank.

EXPERT TIP TURN HALO TO STANDARD V POSITION TO INCREASE THE CHALLENGE.



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Swimming prep

Focus: Upper-back, shoulders, hip extensors (glutes and hamstrings)

SETS 2 | REPS 10

A Start: Prone on top of the ball, pelvis and spine neutral, hands on the mat, legs long with toes tucked under.

B Inhale to prepare; exhale and reach one arm and one leg parallel with the floor, keeping the spine neutral; inhale to return.

EXPERT TIP PROGRESS WITH THIS EXERCISE TO REACH BOTH ARMS, BOTH LEGS, OR ALL FOUR LIMBS OFF THE FLOOR, BALANCING ON THE BALL.



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Rocking plank

Focus: Core, shoulders, deep spinal rotators

SETS 2 | REPS 5

A Start: Plank position, holding long handles, legs long and together.

B Inhale to prepare, exhale to rock Halo to one side, rotating torso but keeping pelvis level; inhale to return.

EXPERT TIP FOR MORE CORE STABILIZATION, KEEP THE SHOULDERS SQUARE TO THE FLOOR AND FLEX ONE ELBOW AS THE HALO TIPS TO THE SIDE.

5

Seated knee lift

Focus: Balance, core, hip flexors

SETS 2 | REPS 5

A Start: Seated on top of ball, feet flat on floor, arms reaching out to sides.

B Inhale to prepare; exhale to lift one leg; inhale to return.

EXPERT TIP MAKE THE EXERCISE EASIER BY HOLDING THE HANDLES, OR PLACING THE HALO TRAINER IN THE HANDLES DOWN POSITION. 2



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