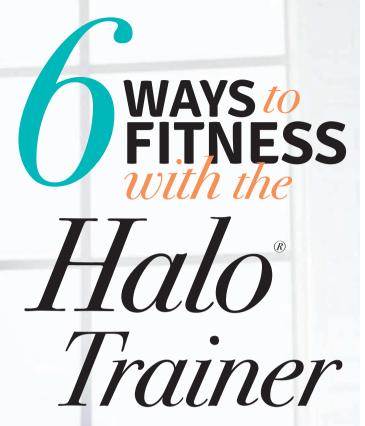
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The stability ball is a great way to improve core strength and coordination. Now the versatile Halo[®] Trainer adds a new dimension to traditional exercises.

BY LAUREEN DUBEAU PHOTOGRAPHY © MERRITHEW CORPORATION



HE Stability Ball[™] has long been a staple in gyms and fitness facilities everywhere, but you can use it in a whole new way when you pair it with the versatile Halo[®] Trainer. The Halo Trainer offers dynamic and challenging ways to perform core-integrated bodyweight training and can be used on its own or with any standard 65 cm Stability Ball.

One of the best features of the Halo Trainer is that it not only ramps up standard moves, but it can also be used in a therapeutic or post-rehab setting to regress exercises, making them safer and more accessible for special populations.

Laureen Dubeau is a Master Instructor Trainer with MERRITHEWTM, based at their Toronto Corporate Training Centre. MERRITHEW provides responsible exercise modalities and innovative equipment and fitness brands including STOTT PILATES[®], ZEN•GATM, Total BarreTM and CORETM Athletic Conditioning & Performance TrainingTM. For more information, visit merrithew.com or call 1-800-910-0001.

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.











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.

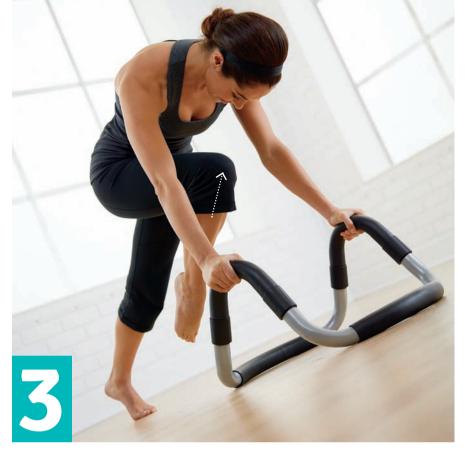
B Inhale to extend legs, rolling ball away; extend spine, supporting with abdominals, exhale to press with the arms and roll the ball back, flexing the shoulders; inhale to return to swan.

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



WORKOUT 2

six ways to fitness with the halo® trainer



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.



leaders in mindful movement

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.

Seated knee lift

Focus: Balance, core, hip flexors

SETS 2 | REPS 5

5

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

 ${\bf B}$ 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.



