

Sample Ball Exercises for Strength and Stability



General Disclaimer: The CCAA strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the Canadian Centre for Activity and Aging from any and all claims or causes of action, known or unknown.



Squats

Instructions

- stand behind a chair, hold on to the chair for balance
- place a ball between your knees
- bend your knees and squat down as far as you can
- Note: knees should not extend past your toes



Calf Strengthening—Heel Raises

Instructions

- stand behind a chair, hold on to the chair for balance
- place a ball between your legs
- lift up onto your toes and back down



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Sample Ball Exercises *continued*



Inner Thigh Strengthening

Instructions

- sit in a chair
- place one ball between your knees and one behind your back
- squeeze your knees together then release
- repeat 8-12 times



Overhead Extension (triceps)

Instructions

- sit in a chair
- hold a ball with both hands straight above your head
- bend your elbows to lower the ball behind your head
- Note: add more resistance by squeezing the ball in between your hands while raising your arms



Isometric Abdominal Strengthening

Instructions

- sit in a chair
- place a ball on one knee
- with both hands press down on the ball to squeeze it against your knee
- repeat on the opposite leg