

Programme on a Plate

Weighted Soft Balls with Julie Burfoot

Focus on total body strength, definition and muscular endurance with Weighted Soft Balls. These colour-coded balls give maximum toning benefits in the minimum amount of time and are suitable for beginners through to advanced exercisers.

Weighted Soft Balls are 13cm in diameter and come in colour coded pairs:

Blue - 1k (2 x 0.5k balls) Green - 2k (2 x 1k balls) Purple - 3k (2 x 1.5k balls)

Double Arm Pullover

target muscles:

- Latissimus dorsi
- Rectus abdominis
- Transverse abdominis

origin:

- Latissimus dorsi - lower six thoracic, lumbar and sacral vertebrae, iliac crest, lower ribs, scapula
- Rectus abdominis - pubic crest
- Transverse abdominis - ilium, ribs, thoracolumbar fascia

insertion:

- Latissimus dorsi - humerus
- Rectus abdominis - ribs 5, 6, 7, bottom of sternum
- Transverse abdominis - pubic crest

teaching points:

- keep the knees inline with the hips

visualisation cues:

- focus on ribs to hip connection
- draw the naval towards the spine
- keep the head and neck long and lengthened



start position:

- lie in a neutral supine position on the floor
- raise the legs to 90° at the hips
- bend the knees to 90°
- extend the arms up and inline with the chest, with a ball in each hand

transitional phase:

- exhale and engage the deep



abdominals

- lower both arms to the floor over the head at a controlled pace, inhale and hold

finish position:

- exhale and return to the start position

options:

- reduce the effort by reducing the range of movement

Standing Bicep Curls

target muscles:

- Biceps brachii
- Brachialis

origin:

- Biceps brachii - scapula
- Brachialis - humerus

insertion:

- Biceps brachii - radius, deep fascia of forearm
- Brachialis - ulna

teaching points:

- keep the elbows close to the sides of the body

visualisation cues:

- keep the spine long and lengthened
- draw the naval towards the spine

start position:

- stand in a neutral position, with a ball in each hand
- draw the elbows into the sides of the ribcage



transitional phase:

- exhale, engaging the deep abdominals
- draw the balls towards the shoulders
- inhale and hold at the top

finish position:

- exhale and lower the arms in a controlled manner to the start position

options:

- to reduce the effort raise one arm at a time



Single Arm Pullover

target muscles:

- Rectus abdominis
- Transverse abdominis
- internal & external obliques

origin:

- Rectus abdominis - pubic crest
- Transverse abdominis - ilium, ribs, thoracolumbar fascia
- internal & external obliques - iliac crest, inguinal ligament, thoracolumbar fascia & lower eight ribs, respectively



start position:

- as Double Arm Pullover



transitional phase:

- exhale and engage the deep abdominals
- flex into the crunch position, inhale and hold at the top
- exhale and lengthen opposite arm and leg away from the body, inhale and hold

finish position:

- exhale and return to the start position

options:

- build co-ordination by omitting the arm movements and starting with the leg movements only

Roll Back & Rotation

target muscles:

- Rectus abdominis
- Transverse abdominis
- internal & external obliques

origin:

- Rectus abdominis - pubic crest
- Transverse abdominis - ilium, ribs, thoracolumbar fascia
- internal & external obliques - iliac crest, inguinal ligament, thoracolumbar fascia & lower eight ribs, respectively

insertion:

- Rectus abdominis - ribs 5, 6, 7, bottom of sternum
- Transverse abdominis - pubic crest
- internal & external obliques - bottom ribs, linea alba & iliac crest, linea alba, respectively

teaching points:

- rotate through the spine keeping the eyes on the balls
- stabilise the shoulders

visualisation cues:

- keep the spine, head and neck long and lengthened
- roll back through the spine like a wheel
- draw the naval towards the spine



start position:

- sit in a neutral position, with a ball in each hand, arms extended out to the sides



transitional phase:

- exhale and engage the deep abdominals
- roll back half way to the floor, inhale and hold
- exhale and rotate to one side, inhale and hold
- exhale and rotate back to the centre
- repeat on the other side

finish position:

- return to the start position

options:

- to reduce the effort hold the balls closer in to the body

Side Lying Abductor Lift

target muscles:

- Abductors - Gluteus maximus, minimus & medius, Tensor fasciae latae
- Transverse abdominis
- internal & external obliques

origin:

- Abductors - ilium, scarum, coccyx
- Transverse abdominis - ilium, ribs, thoracolumbar fascia
- internal & external obliques - iliac crest, inguinal ligament, thoracolumbar fascia & lower eight ribs, respectively

insertion:

- Abductors - femur, tibia

- Transverse abdominis - pubic crest
- internal & external obliques - bottom ribs, linea alba & iliac rest, linea alba, respectively

teaching points:

- refrain from pressing the head into the supporting arm
- keep the shoulders stabilised

visualisation cues:

- keep the body long and lengthened
- draw the naval towards the spine
- maintain good ribs to hips connection



start position:

- lie on the side in a neutral spine position
- place a ball under the ankle of the bottom leg
- rest the head on the arm on the floor
- rest the other arm along the leg being abducted

transitional phase:

- exhale and engage the deep abdominals



lift the top leg into abduction

- inhale and hold at the top

finish position:

- exhale and lower back to the start position

options:

- to add ankle mobility, point and flex the foot at the top of the lift

Triceps Press

target muscles:

- Triceps brachii

origin:

- scapula, humerus

insertion:

- ulna

teaching points:

- keep the elbows in line with shoulders
- keep the knees in line with the hip bones
- maintain shoulder stability

visualisation cues:

- keep the ribs and hips connected, so that the ribs do not pop up
- keep the spine, head and neck long and lengthened

start position:

- lie supine with a ball in each hand



transitional phase:

- exhale, engaging the deep abdominals
- extend the balls towards the ceiling
- inhale and hold at the top

finish position:

- exhale and return to the start position in a controlled manner

options:

- to reduce the effort raise one arm at a time



Julie Burfoot

Julie has worked in all sectors of the industry including overseas at the Dubai Hilton Beach Club and the Dubai Police General Head Quarters for His Highness General Sheikh Mohammed Bin Rashid Al Maktoum. There, she was employed to set up the Sports and Physical Fitness Programme, which she ran for the whole of the United Arab Emirates. On her return to the UK Julie helped set up a new health and fitness Club in Woodburn Green and currently runs her own personal training company.