

# BALLAST BALL TRAINING

Your Ballast Ball comes complete with added resistance inside the ball; total weight of the ballast ball is approximately 3kg. It is made from high quality anti-burst material. Each ball comes with a pump and can be inflated up to 65cm's.



The Ballast Ball will give you a unique and effective total body workout. Regular exercise with the Ballast Ball will help you improve your Balance, Co-ordination and Functional Strength. The Ballast Ball has varying degrees of instability and increased resistance when lifting. The multi-dimensional load (MDL) inside the ball optimises the rate of flow (internal shift of MDL) inside the ball and provides enhanced audible feedback for lifting and shifting exercises. The stabilization factor not only makes stability ball training more convenient, but also increases the stability balls usefulness as an exercise tool. This new innovation marks the next major step forward in the evolution of stability ball training. We call this the new school stability ball! Once used this you'll never turn back!

**Kelly Edwards** Kelly currently works for the flagship Royal Berkshire Esporta Club as Fitness Manager where she leads a large team of fitness instructors and personal trainers. Kelly has been working within the fitness industry for over 17 year's. Her experience includes working on cruise ships as a Personal Trainer and Aerobics Instructor. She then went onto successfully work as the Fitness Manager for David Lloyd Leisure Club's where she received many prestigious awards as well as putting together Studio Cycling Master Classes. Kelly also gained a wealth of experience and knowledge by completing the National Academy of Sports Medicine Personal Trainer Level 3 certification. Kelly also now adds to this by becoming a Gliding and BOSU Ballast Ball & BOSU Balance Trainer Master Trainer.

## Basic Squat

### Main target muscles:

- Quadriceps
- Hamstrings
- Gluteus

### Origin:

- Quadriceps – ilium, sacrum
- Hamstrings – ischium
- Gluteus (minimus / maximus)

### Insertion:

- Quadriceps – patella, tibia
- Hamstring – tibia
- Gluteus – ilium, sacrum

### Teaching points:

- Feet shoulder width apart
  - Keep spine in neutral position throughout
  - Sit back into your heels
  - Upon rising up, stand tall
  - Keep the transition smooth and controlled
  - Maintain neutral ball position
- Visualisation cues:**
- Imagine coming up from sitting on a chair, then lowering back down to return seated
  - Keep your chest lifted and neutral spine throughout
  - Keep the smooth transition throughout the movement from sit to stand

### Start position:



- Set up the ball in neutral ball position
- Sit on top of you ball
- Feet shoulder width apart
- Slight bounce to find optimal posture with the spine

### Transitional phase:



- Smooth press to stand
- Transfer weight to sit bones in the hip, to the feet
- Check ball had maintained neutral position

### Finish position:

- Lower back down to seated ball position

### Options:

- Increase the bounce to help stand
- Place one hand on the ball when returning to sit
- Practice the transfer of weight so it is consistent and you know the ball will always be there.
- Counter weight – use soft medicine balls, increase work on upper body, however takes some of muscle load out of hips, reduce stress on knees

## Squat to supine with leg extension

### Main target muscles:

- Quadriceps \*Hamstrings
- Gluteus \*Rectus abdominis
- Transverse abdominis

### Origin:

- Quadriceps patella, tibia
- Hamstrings - ischium
- Gluteus – (minimus / maximus)
- Rectus abdominis – pubic crest
- Transverse abdominis – iliac crest, lower 6 ribs, thoracolumbar fascia

### Insertion:

- Quadriceps – patella, tibia
- Hamstring - tibia
- Gluteus – ilium, sacrum
- Rectus abdominis – 5th,6th, 7th ribs, xyphoid process
- Transverse abdominis – linea alba

### Teaching points:

- Feet shoulder width apart
- Ensure smooth contact with the ball
- Sit back into your heels
- Control body positioning in supine position
- Stabilize the trunk throughout
- Keep the transition smooth and controlled

### Visualisation cues:

- Don't let the ball go out of neutral ball position
- Keep your chest lifted and neutral spine
- Keep the smooth transition throughout the movement

### Start position:



- Set ball up in neutral ball position
- Check point of reference at the top
- Hip bones within outer circle position

### Transitional phase:



- Extend back to supine position
- Extend one leg out and slide the heel
- Lift the leg – core stabilisation and balance challenge



### Finish position:

- Flex back and return to stand position

### Options:

- Place one hand on the ball when sitting
- To stand back up, add a bounce to lift back up

## Tricep Press Up's

### Main target muscles:

- Tricep Brachii

### Origin:

- Triceps Brachii – Scapula, Humerus

### Insertion:

- Triceps Brachii - Olecranon process of the Ulna

### Teaching points:

- Keep core braced
- Smooth and controlled movement
- Neck straight – inline with spine

### Visualisation cues:

- Focus on upper body
- Keep elbows in, work through the triceps

### Start position:



- From prone plank position
- Brace core and abdomen on ball
- Place hands on floor, step forward with hands a little further
- Hands should be shoulder width apart
- Lift feet off floor, inline with spine

### Transitional phase:



- Flex elbows
- Lower forearms to floor

### Finish position:

- Extend elbows and press to starting position

### Options:

- Leave toes on the floor
- Rest in-between each rep

## Impact Shift

### Main target muscles:

- Deltoid
- Rectus abdominis
- Trapezius

### Origin:

- Deltoid – Clavicle, acromion process and spine of scapula
- Rectus abdominis – pubic crest
- Trapezius – base of skull

### Insertion:

- Deltoid – deltoid tuberosity, lateral surface shaft of humerus
- Rectus abdominis – 5th, 6th, 7th ribs, xyphoid process
- Trapezius – Clavicle, acromion process, scapula

### Teaching points:

- Feet shoulder width apart
- Chest lifted
- Stabilize the trunk throughout
- Use the design of circles – top becomes to create impact shift
- Brace for the impact and really stabilize

### Visualisation cues:

- Top becomes bottom "Impact Shift"
- Hear the shift of weight
- Bottom becomes top "Impact Shift"

### Start position:



- From standing begin neutral ball position
- Place hands side of ball
- Set the shoulders properly

### Transitional phase:



- Lift and lower ball with "Impact shift" of load
- DSL (dynamic stabilizing load) comes up and drops forcefully in the ball

### Finish position:

- Return to start position

### Options:

- Use a smooth shift

## Supine Ball Lift (between ankles)

### Main target muscles:

- Rectus abdominis
- Transverse abdominis
- Hip Flexor

### Origin:

- Rectus abdominis - pubic crest
- Transverse abdominis – iliac crest, lower 6 ribs, thoracolumbar fascia
- Hip Flexor – ilium, sacrum

### Insertion:

- Rectus abdominis – 5th, 6th, 7th ribs, xyphoid process
- Transverse abdominis – linea alba
- Hip Flexor - femur

### Teaching points:

- Keep lower back in neutral position
- Keep back still

### Visualisation cues:

- Use ab muscles to stabilize
- Brace core and keep strong

### Start position:



- From supine ball position on floor
- Place ball between ankles and rest ball on floor
- Lie back, elbows on floor

### Transitional phase:



- Lift feet and ball a few inches off floor
- Inhale in lift phase

### Finish position:

- Lower ball to start position

### Options:

- Bring the ball close to your body
- Do not lift quite so high

## Ball on wall "Punching Bag"

### Main target muscles:

- Deltoid
- Triceps Brachii
- Trapezius

### Origin:

- Deltoid – Clavicle, acromion process and spine of scapula
- Triceps Brachii – Scapula, Humerus
- Trapezius – base of skull

### Insertion:

- Deltoid – deltoid tuberosity, lateral surface shaft of humerus
- Triceps Brachii - Olecranon process of the Ulna
- Trapezius – Clavicle, acromion process, scapula

### Teaching points:

- Keep strong throughout the core
- Keep spine strong and elongated

- Engage with the punch
- Controlled punches

### Visualisation cues:

- Imagine hitting a punch bag

### Start position:



- Stand facing the wall
- Place the ball against the wall, chest height
- Make sure the top of the ball is facing the side, so you do not hit plug

### Transitional phase:



- Holding ball with one fist "Punch" ball with other
- Slowly rotate ball with punches

### Finish position:

- Return to start position

### Options:

- Do not rotate ball with punches
- Slow the movement down, less force