

# BOSU®: Stability Ball Overhaul

Stability balls have stood the test of time as versatile and effective training tools for overall conditioning. In this workshop, you will renew your love for stability ball training with a complete overhaul of ball exercises. Learn innovative exercises and sequences in three training categories from strength to core and mobility. Add fresh ideas to your ball basics toolbox and experience the unique principles of training with the BOSU® Ballast Ball. If you think you have seen it all, think again!

## 1. Ball Basics

- A. History
- B. Longevity
- C. Utility

## 2. Ball Benefits

- A. Strength
- B. Core
- C. Mobility

## 3. Ball Overhaul

- A. The Ballast® Ball Difference
  - 1. Ballast = added weight, counterbalance
  - 2. Increased stability = increased utility = new exercises and drills
  - 3. Basics + Beyond
- B. Multi-Dimensional Load (MDL)
  - 1. Stabilizing load
    - Keeps ball in place
    - Adds resistance via a few pounds of material inside the ball
    - Confidence increases when you know the ball stays in place
  - 2. Dynamic load
    - Adds balance/stabilizing challenges when load shifts during movement
    - Muscular force requirements change based on speed of movement
- C. Ballast® Ball Bonus
  - 1. Visual Feedback
    - Sets of concentric circles provide clear points of reference for precise positioning
    - Provides immediate feedback regarding how you're moving
    - Neutral ball position (NBP)
  - 2. Audible feedback
    - Lift it
    - Shift it (no, smooth, impact, wave)
    - Shake it
  - 3. Dynamic Movement Patterns
    - Linking exercises

## Strength Exercises

Exercise	Description	Variations
Alternating Forward Lunge with Rotation	<ul style="list-style-type: none"> <li>• From standing with ball in front, lunge forward, hold, then rotate torso and ball to one side</li> <li>• Lift ball overhead and rotate torso to center</li> <li>• Step back together and return starting position</li> </ul>	<ul style="list-style-type: none"> <li>• Lunge and rotate simultaneously</li> <li>• Lift ball and step together simultaneously</li> </ul>
Biased Spider Plank with Roll-Over	<ul style="list-style-type: none"> <li>• From prone plank on floor w/ball next to shoulder and forearm resting on top of ball</li> <li>• "Spider pull" knee to elbow, then other knee to ball</li> <li>• Roll shoulder and trunk into ball, then roll over ball</li> </ul>	<ul style="list-style-type: none"> <li>• Flex knees 90 degrees to regress</li> </ul>
Squat and Roll Ladder	<ul style="list-style-type: none"> <li>• From squat, place ball on floor in front of feet</li> <li>• Hold squat and roll ball around body, then lift ball overhead and stand up; lower to squat and repeat</li> <li>• Add one rolling revolution each set for a "ladder"</li> </ul>	<ul style="list-style-type: none"> <li>• Roll ball multiple times in one direction before standing back up</li> </ul>
Hamstrings Curls with Isometric Hold	<ul style="list-style-type: none"> <li>• From supine on floor with heels on ball, lift hips into bridge with straight legs; hold bridge for 30 seconds</li> <li>• Keeping hips lifted, flex knees and roll ball toward hips 10X; then lower hips to floor</li> </ul>	<ul style="list-style-type: none"> <li>• Lower hips to floor between each curl to regress</li> </ul>
Triceps Press with Lat Push-Away	<ul style="list-style-type: none"> <li>• From prone prone plank w/hands on floor and thighs on ball, flex elbows and lower forearms to floor</li> <li>• Extend elbows and press to starting position</li> <li>• Push back into lat stretch, then pull forward to start</li> </ul>	<ul style="list-style-type: none"> <li>• Extend hips and lift legs on lat push-away</li> </ul>
Incline Hip Lift	<ul style="list-style-type: none"> <li>• From incline with shoulders on ball; feet hip width apart and elbows pressing into sides of ball</li> <li>• Lift and lower hips from incline to bridge</li> <li>• Extend one leg w/heel on floor and repeat lifts</li> </ul>	<ul style="list-style-type: none"> <li>• Cross hands over chest to progress</li> <li>• Place hands on floor to regress</li> </ul>
Single Leg RDL	<ul style="list-style-type: none"> <li>• From standing on one leg with ball at chest level</li> <li>• Hinge forward, lifting back leg until torso is parallel to the floor; let ball touch floor at end of motion</li> <li>• Hinge back to starting position; lift ball overhead</li> </ul>	<ul style="list-style-type: none"> <li>• Hold ball overhead and keep arms extended throughout to progress</li> </ul>
Sidelying Abduction and Hip Circles	<ul style="list-style-type: none"> <li>• From sidelying with knees flexed 90 degrees, ball resting on outer thigh with hand on top</li> <li>• Abduct hip, circle forward, circle back</li> <li>• Keep feet together and externally rotate hip</li> </ul>	<ul style="list-style-type: none"> <li>• Press down on ball to add resistance and progress</li> </ul>
Bridging Hip Adduction	<ul style="list-style-type: none"> <li>• From supine on floor with ankles/calves gripping sides of ball, lift hips into bridge position</li> <li>• Keeping grip firm, roll ball R and L, then hold center</li> <li>• Lower hips to floor, flex knees, then return to start</li> </ul>	<ul style="list-style-type: none"> <li>• Increase ROM, touching foot to floor on roll to progress</li> </ul>
Plank Knee Bumps and Arm Circles	<ul style="list-style-type: none"> <li>• From plank with elbows and forearms on ball, pull one knee at a time and "bump" the ball</li> <li>• Hold plank and move arms in small circles, rolling the ball one direction and then the other</li> </ul>	<ul style="list-style-type: none"> <li>• Bend knees 90 degrees in plank position to regress</li> </ul>
Lift It, Shift It, Shake It (Ballast Ball)	<ul style="list-style-type: none"> <li>• Stand with feet shoulder width apart, holding ball in front of chest</li> <li>• "Impact shift" 5x center, then "circle shift" 5x R</li> <li>• Repeat impact shift and circle in opposite direction</li> </ul>	<ul style="list-style-type: none"> <li>• Increase ROM and force to progress</li> </ul>
Diagonal Lunge Ball Slam (Ballast Ball)	<ul style="list-style-type: none"> <li>• From standing in wide stance, holding ball at chest</li> <li>• Rotate feet 45 degrees to side, lifting ball over head</li> <li>• Lower into lunge, simultaneously "slamming" ball to floor; alternate sides</li> </ul>	<ul style="list-style-type: none"> <li>• Jump from side to side in lunge position</li> </ul>

### Core Exercises

Exercise Name	Description	Variations
Supine Ball Exchange	<ul style="list-style-type: none"> <li>•From supine on floor, lift legs over hips and grip ball between ankles; lift arms over chest</li> <li>•Lower legs and arms simultaneously, then lift to start</li> <li>•At top of lift, exchange ball from legs to hands</li> </ul>	<ul style="list-style-type: none"> <li>•Vary lever length of arms and legs, and ROM to progress or regress intensity</li> </ul>
Rolling Lat Pull	<ul style="list-style-type: none"> <li>•From kneeling behind ball with hands on top of ball</li> <li>•Roll forward w/straight arms and straight back until hips are extended</li> <li>•Press down and extend shoulders to return to start</li> </ul>	<ul style="list-style-type: none"> <li>•Keep hips flexed to regress</li> <li>•Increase ROM to progress</li> </ul>
Prone Superman Hip and Spinal Extension	<ul style="list-style-type: none"> <li>•From prone plank position with hands and feet lightly touching floor, flex knees and roll toward legs</li> <li>•Simultaneously press forward with legs and extend the spine with arms reaching forward to pause/hold</li> </ul>	<ul style="list-style-type: none"> <li>•While balancing in "Superman," lift one foot at a time slightly off the floor</li> </ul>
Supine Core Tuck	<ul style="list-style-type: none"> <li>•From supine on floor with knees bent 90 degrees, and ball balanced on shins</li> <li>•Slowly extend legs parallel to floor, pause and hold</li> <li>•Flex knees/hips to pull legs back to tuck position</li> </ul>	<ul style="list-style-type: none"> <li>•Add trunk curl to progress</li> <li>•Decrease ROM to regress</li> </ul>
V-Sit Roll Down	<ul style="list-style-type: none"> <li>•From v-sit on floor, hold ball in front of chest</li> <li>•Slowly roll down to supine, keeping feet on floor</li> <li>•Simultaneously lower ball to floor overhead, then roll back up, bringing ball back in front of chest</li> </ul>	<ul style="list-style-type: none"> <li>•Lift feet off floor for balanced v-sit throughout</li> </ul>
Prone Tucks and Twists	<ul style="list-style-type: none"> <li>•From plank with legs on ball/hands on floor, roll ball forward, tuck knees to chest; extend back to plank</li> <li>•From straight leg plank, lift one hip and "twist" to one side, keeping shoulders square to floor</li> </ul>	<ul style="list-style-type: none"> <li>•Vary centered tuck to side tucks</li> <li>•Scissor legs on twist to progress</li> </ul>
Partner Ball Pass Series	<ul style="list-style-type: none"> <li>•Partners stand back to back and pass ball by rotating torso only; or rotating torso &amp; pivoting feet</li> <li>•Partners stand shoulder to shoulder, facing front, and pass the ball around the world</li> </ul>	<ul style="list-style-type: none"> <li>•Stand on one foot for set number of reps, then switch to other foot</li> </ul>
Prone Bird Dog	<ul style="list-style-type: none"> <li>•From prone plank with ball centered under abdomen and feet/hands lightly touching floor, lift one arm and the opposite leg; pause and hold</li> <li>•Lower arm and leg, then repeat on other side</li> </ul>	<ul style="list-style-type: none"> <li>•Lift and lower leg, then lift and lower arm to regress</li> </ul>
Ball Running	<ul style="list-style-type: none"> <li>•From prone plank with ankles on ball and hands on floor</li> <li>•Pull one knee into chest, balancing on ball with other leg; alternate sides with knee pull</li> </ul>	<ul style="list-style-type: none"> <li>•Touch foot to floor each pull to regress</li> </ul>
Shoulder Bridge with Lateral Balance	<ul style="list-style-type: none"> <li>•From bridge position with shoulders on ball and feet on floor, open arms in line with shoulders</li> <li>•Keeping arms and hips level, "slide" to one side, rolling ball to opposite shoulder; hold and balance</li> </ul>	<ul style="list-style-type: none"> <li>•Decrease ROM to regress</li> </ul>
Pike and Extend to Lunge with Lateral Flexion (Ballast Ball)	<ul style="list-style-type: none"> <li>•From standing position behind the ball, roll to prone plank; pike up and down, then roll back to standing</li> <li>•Step forward to diagonal lunge, laterally flex over ball, return upright and repeat sequence other side</li> </ul>	<ul style="list-style-type: none"> <li>•Place ball under upper legs to regress</li> <li>•Place ball under ankles to progress</li> </ul>
Squat to Supine (Ballast Ball)	<ul style="list-style-type: none"> <li>•From standing position in front of the ball, squat until hips engage the ball</li> <li>•Slowly extend to supine, lifting arms overhead</li> <li>•Hinge to seated and return to standing</li> </ul>	<ul style="list-style-type: none"> <li>•Extend one leg forward with heel resting on floor to add balance challenge</li> </ul>

## Mobility Exercises

Exercise Name	Description	Variations
Seated Anterior and Posterior Pelvic Tilts	<ul style="list-style-type: none"> <li>•From seated, roll ball slightly forward and back by tilting pelvis</li> <li>•Emphasize initiating tilts from core musculature, rather than pushing and pulling with legs</li> </ul>	<ul style="list-style-type: none"> <li>•Add simultaneous thoracic flexion and extension</li> </ul>
Bridging Lateral Roll	<ul style="list-style-type: none"> <li>•From seated, roll forward to supine bridge position with ball under shoulders</li> <li>•Reaching diagonally across the body with one arm, rotate the torso while the hips and feet stay centered</li> </ul>	<ul style="list-style-type: none"> <li>•Bridge in incline position to regress</li> </ul>
Supine Scissors	<ul style="list-style-type: none"> <li>•From supine on floor, bend one knee with foot on floor; lift other leg to 90 degrees of hip flexion</li> <li>•Place ball between extended thigh and bent leg</li> <li>•Slide bottom leg to adjust stretch in extended leg</li> </ul>	<ul style="list-style-type: none"> <li>•Flex top ankle to add stretch in calf muscles</li> </ul>
Dynamic Lateral Lunge	<ul style="list-style-type: none"> <li>•From standing behind ball with a wide stance and hands on top of ball</li> <li>•Lunge side to side while rolling ball across the body with the opposite hand</li> </ul>	<ul style="list-style-type: none"> <li>•Keep both hands on top of ball to regress</li> <li>•Increase ROM to progress</li> </ul>
Seated Hip Flexor Opener	<ul style="list-style-type: none"> <li>•From seated on ball, turn 45 degrees to one side so legs are in lunge position</li> <li>•Tuck pelvis and roll ball until hip flexor stretch is the appropriate intensity</li> </ul>	<ul style="list-style-type: none"> <li>•Extend back leg; lift arms and extend spine to progress</li> </ul>
Seated Lateral Roll	<ul style="list-style-type: none"> <li>•From seated with feet hip width apart, roll ball slightly to one side and simultaneously lift the same side arm overhead</li> <li>•Pull outside hip downward as ball rolls to that side</li> </ul>	<ul style="list-style-type: none"> <li>•Flex laterally in opposition to hip that is pulling down</li> </ul>
Incline Figure 4 Hip Opener	<ul style="list-style-type: none"> <li>•From incline with shoulders on ball; feet hip width apart and fingertips on floor</li> <li>•Cross one leg over opposite thigh in Figure 4</li> <li>•Roll forward and back to adjust stretch in hips</li> </ul>	<ul style="list-style-type: none"> <li>•Tip flexed knee downward to bias stretch and progress</li> </ul>
Prone Quad & Hip Opener	<ul style="list-style-type: none"> <li>•From prone plank, truck centered on ball with hands and toes on floor</li> <li>•Lift one leg and bend knee; Reach back with same side hand and hold ankle</li> </ul>	<ul style="list-style-type: none"> <li>•Flex hip to regress</li> <li>•Extend hip to progress</li> </ul>
Dynamic Child's Pose to Prone Extension	<ul style="list-style-type: none"> <li>•From kneeling behind the ball with hands on top of the ball, pull the hips back into "child's pose"</li> <li>•Roll forward to prone extension, pause and hold</li> <li>•Roll back to child's pose</li> </ul>	<ul style="list-style-type: none"> <li>•Decrease ROM to regress</li> <li>•Increase ROM to progress</li> </ul>
Cat & Cow to Thread the Needle	<ul style="list-style-type: none"> <li>• From kneeling behind the ball with hands on top of the ball, flex spine into "cat stretch," then extend spine to "cow stretch," then return to neutral</li> <li>•Slide one arm under and across the body</li> </ul>	<ul style="list-style-type: none"> <li>•Decrease ROM to regress</li> <li>•Increase ROM to progress</li> </ul>
Anterior Trunk Opener (Ballast Ball)	<ul style="list-style-type: none"> <li>•From squat to supine, hold incline or supine position</li> <li>•Slowly extend trunk to appropriate ROM and relax into stretch with arms open or hands on floor</li> </ul>	<ul style="list-style-type: none"> <li>•Keep knees flexed to regress or fully extend to progress</li> </ul>
Side Bend Seated Twist (Ballast Ball)	<ul style="list-style-type: none"> <li>•From sidelying on ball with legs in scissor position and bottom hand on floor, laterally stretch over ball</li> <li>•Roll down to seated cross-legged position on floor</li> <li>•Twist torso, then roll back up to sidelying on ball</li> </ul>	<ul style="list-style-type: none"> <li>•Flow from move to move to progress</li> <li>•Decrease ROM to regress</li> </ul>