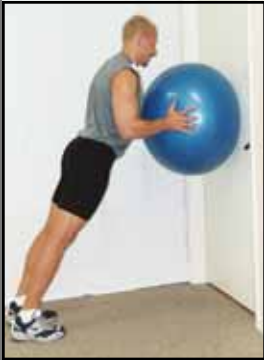




Get On The Ball!



Presented by
THE DYNAMIC ADVANTAGE
Your Professional Fitness Team

The DYNAMIC STRENGTH TRAINING® Series

GET ON THE BALL

By

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**THE DYNAMIC
ADVANTAGE**
Your Professional Fitness Team

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Where you will receive leading edge personalized exercise instruction that is guaranteed to increase your strength and significantly improve your lifestyle.

Our goal is for you to get stronger and healthier while enjoying the many benefits of physical fitness. With this in mind, we recommend that you consult with your physician and receive clearance before you start this or any exercise program.

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Stability Ball: Size, Care and Safety

Size: A properly fitted and inflated ball will allow you to sit on it with your feet on the ground and your head directly over your hip joints, which are the bony parts of your hips. To maximize your results, the knees should be slightly lower than the hips when viewed from either side of the body. Most adults will require a 55, 65 or 75 centimeter ball. This represents the diameter at its widest point. Varying the inflation level to make it firmer or softer can then customize the ball.

Care: Clean the ball periodically with mild soap and water. This will prevent dust and oils from creating a slippery surface on it. Always remember to keep it away from sharp objects while exercising or during storage.

Safety: To maximize your fun and benefits while decreasing any risks, it is best to use the ball on either a carpeted or rubberized floor surface. Try to exercise in an area that is free of sharp objects or excessive furniture. An additional recommendation is the use of rubber-soled athletic shoes that generally prevent sliding or slippage on any floor or when your feet are in contact with the ball.

What is stability?

Stability means that an object is steady or firmly established in its position. In this case, while exercising and having fun with your ball, the goal is to take the round, "unstable" ball and steady it with your body positions and muscular contractions. By varying the placement of your feet and hands while using the ball, you can create a base of support, or foundation, that is broader or narrower.

Ball Posture and Exercise Progression

Ball Posture: When properly used, the stability ball will help you strengthen the muscles of your back, stomach, hips and legs which help keep you or steer you towards good posture with a neutral spinal position. This means that when viewed from the sides, your ear, shoulder and hip would be vertically aligned. Most of us have a slouched or rounded posture from activities such as driving, eating or working at a computer.

As you will notice in every exercise illustrated in your programs here, the spinal position either begins, ends or remains in neutral. This will get your body strengthened while helping you stand or sit as tall as possible.

Exercise Progression: *A magical, secret exercise word that is usually not a part of most fitness programs is progression. Simply stated, with the ball you should try to advance or develop your skills continually over time. As you become more accustomed to using the ball, you will be able to perform exercises longer, or place your body in more challenging positions. For example, if your feet are positioned at a standard hip-width distance apart, you will have a broader, more secure foundation beneath you when compared to bringing the feet gradually closer together, or even lifting one foot off the ground entirely! If your hands are on the ball, a shoulder-width position is more supportive than a narrower position would be.*

When performing your "Get On The Ball" programs, it is recommended that you maximize your benefits by attempting to use the ball 2-4 days per week.

Alternating days work best so your body can safely recuperate and develop. Initially, you may wish to try completing one set of 10-15 repetitions, for each exercise, in the program level you chose. As you get stronger and more coordinated, work up to a goal of three sets of 15-25 repetitions. Always remember that you should strive for "quality" over "quantity" because more exercise is not necessarily better for you. Let's try to keep you healthy, active and fit for life!

Power Workout



Ball on the Wall Combination: Calf Raise, Squat, Push-up



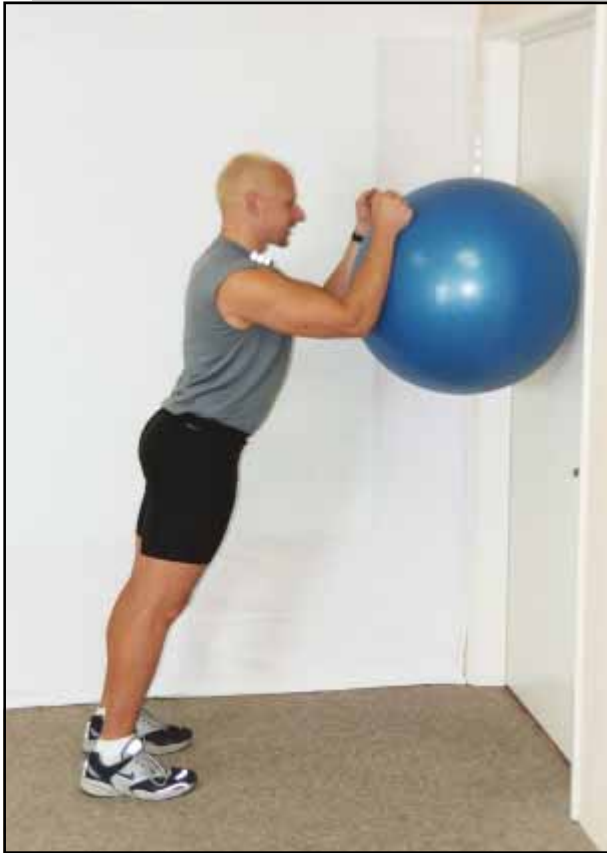
Body on the Ball Combination: Drawbridge, Abdominal Crunch



Body on the Floor Combination: Leg Curl, Lat Roll, Drawbridge with the feet on the ball

We suggest that you perform each sequence twice before moving to the next sequence.

Ball / Wall Calf Raise



Start & Finish Position

Muscles
Emphasized: the rear
portion of the Lower
Leg



Range of Motion

Ball/Wall Calf Raise

Muscles Emphasized

The rear portion of the lower leg and the core.

Set-Up & Starting Position

- (1) Stand with the ball of the foot at approximately the height of your nose and the ball against a wall.
- (2) Place your forearms and elbows about shoulder width on the ball.
- (3) Slightly walk your feet back until you are leaning your body weight on the ball.
- (4) Your feet should be about hip width apart or wider if needed for balance.
- (5) To advance you can position your feet together, extend your arms so they are up and in-line with your body and have the fists rest on the upper part of the ball.

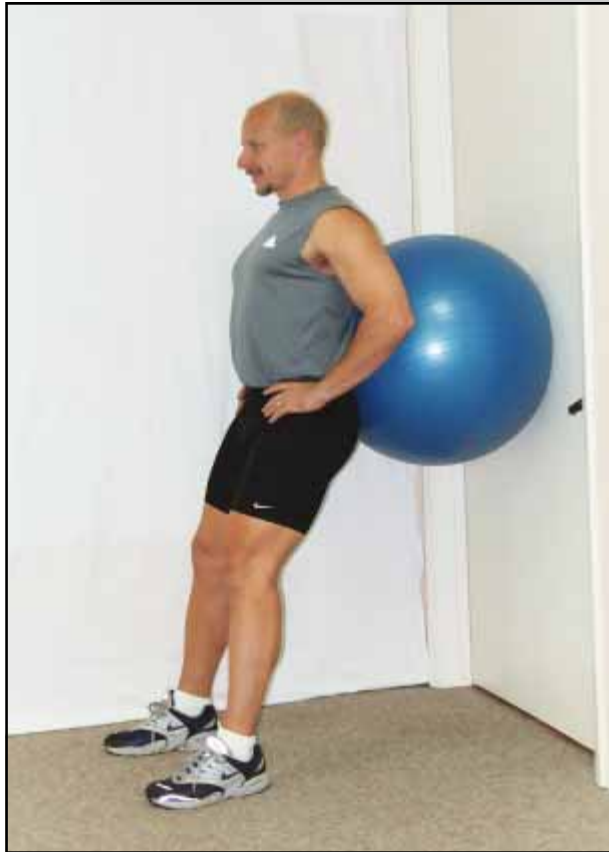
Stability

- (1) Keep your head and neck in a neutral position.
- (2) Maintain the body in a straight line from ankle to shoulder with the chest lifted and the shoulders in neutral.

Motion & Range of Motion

- (1) Lift and lower your heels as far as you can with control and without allowing the heels to rest on the floor.
- (2) Your arms should rest on the ball rather than pushing it up and down. Allow the ball to follow you.

Ball / Wall Squat



Start & Finish Position

*Muscles Emphasized:
front and back of
thighs, buttocks and
lower legs*



Range of Motion

Ball / Wall Squat

Muscles Emphasized

Front and back of the thigh, buttocks, calves

Set-Up & Starting Position

- (1) Place the ball at the wall and place your low back and hips against it.
- (2) Position your feet hip width apart and slightly in front of you so you are leaning against the ball.

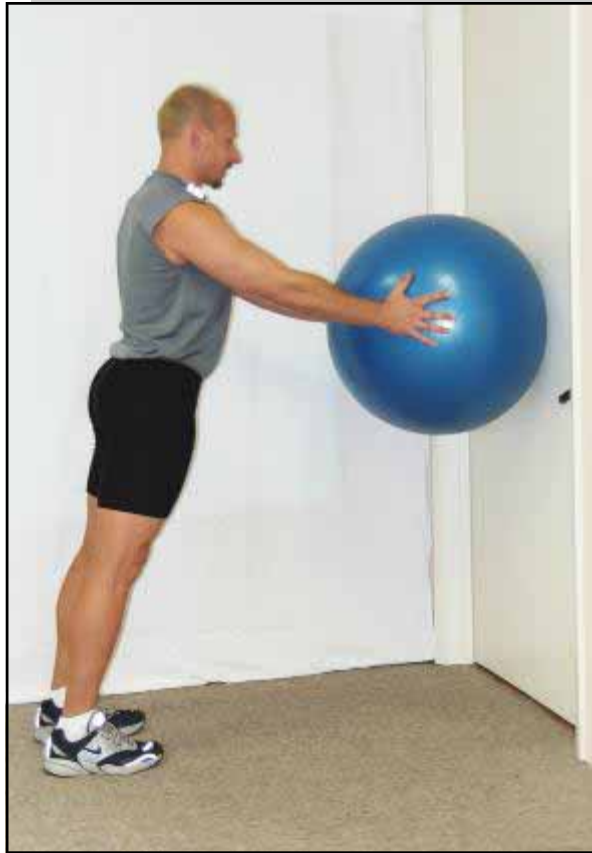
Stability

- (1) Keep your chest up, your spine in neutral and your abdominals tightened.
- (2) Your knees should stay lined up over your toes throughout the motion.
- (3) Keep your heels down.

Motion & Range of Motion

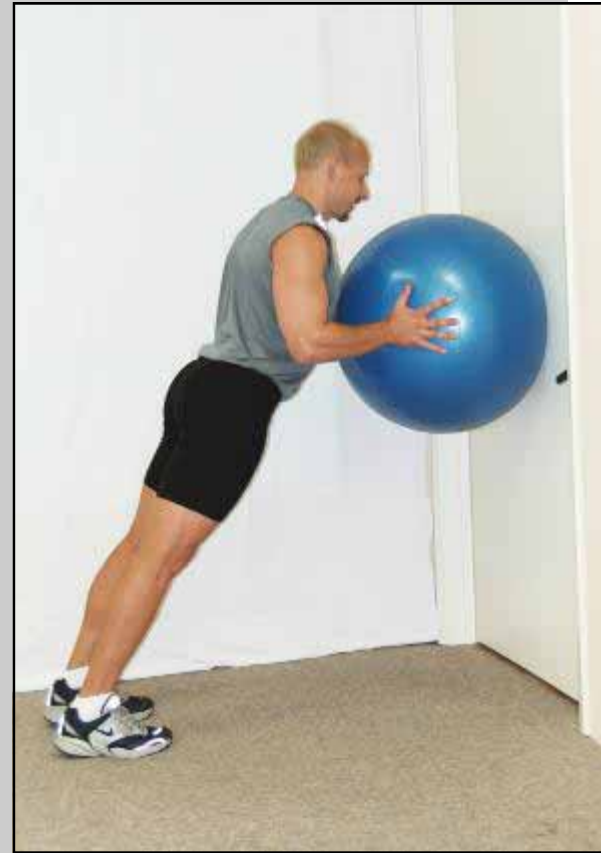
- (1) Bend your knees and hips simultaneously.
- (2) While in motion focus on pressing the heels into the floor and the hips into the ball.
- (3) Squat down as far as you can with control and while maintaining stability.
- (4) At the top position maintain contraction in your thighs as you move into the next rep.
- (5) Finish your set in the top position.

Ball / Wall Push-Up



Start & Finish Position

Muscles Emphasized:
Chest, Front Portion of
the Shoulder and the
Back of the Upper Arms



Range of Motion

Ball/Wall Push-Up

Muscles Emphasized

Chest, core, the front portion of the shoulders and the back of the upper arm.

Set-Up & Starting Position

- (1) Stand with the fill button of the ball aligned to your belly button and the ball against a wall.
- (2) Place your hands on the sides of the ball at about a 9:00 and 3:00 position on the half of the ball that is closest to you, slightly wider than shoulder width.
- (3) Slowly walk your feet back until your arms are straight, keep the ball in position. Your feet should only be far enough back for you to be leaning your body weight on the palms of your hands into the ball.
- (4) Your feet should be about hip width apart, or wider, if needed for balance.
- (5) Beginners use a position that allows you to keep your heels on the floor. To advance you can position your feet so your heels stay off the floor.

Stability

- (1) Keep your head and neck in a neutral position.
- (2) Maintain the body in a straight line from ankles to shoulders with the chest lifted and the shoulders down.
- (3) Keep the ball as still as possible. In the beginning you may find that the ball will shake a little.

Motion & Range of Motion

- (1) Bend your elbows to lean the body forward. Stop before your chest touches the ball.
- (2) Push into the ball and straighten the elbows to move your body away from the ball.
- (3) You may vary the path your elbows will take from being close to your side to a more horizontal position. We recommend that you chose a path that is comfortable for your shoulders and maintain it for the duration of your set.

Drawbridge

Muscles Emphasized: Buttocks, rear thigh, lower back, middle back and stomach.



Start & Finish Position



Range of Motion

Drawbridge

Muscles Emphasized

Buttocks, the back of the thighs, calves, abdominals

Set-Up & Starting Position

- (1) From a seated position walk forward and lay back until the ball is positioned under your shoulder blades. You should be able to rest your head on the ball with your neck in a neutral position.
- (2) Place your hands at your hips.
- (3) Your hips should be held up in a neutral position.
- (4) Place your feet hip width apart. Your heels should be under your knees.

Stability

- (1) Keep your chest up and your spine in neutral from your head to your tail bone.
- (2) Your knees should be maintained at the same width apart as your feet.
- (3) The ball should be kept as still as possible.

Motion & Range of Motion

- (1) Lower your hips from the start position in a vertical path, while pivoting on your shoulder blades.
- (2) Press your heels into the floor to lift your hips.
- (3) Move slowly with control and without losing your stability. Note that by keeping your neck and head in neutral the head will lift off the ball as you lower your hips.
- (4) When your set is finished, lower your hips and walk into the ball sitting up as your hips contact the ball.

Abdominal Crunch

***Muscles Emphasized:
Abdominals***



Start & Finish Position



Range of Motion

Abdominal Crunch

Muscles Emphasized

Abdominals

Set-Up & Starting Position

- (1) From a seated position walk forward and lay back until the ball is positioned under the low back.
- (2) The hands and arms can be placed on the chest.
- (3) Place your feet hip width apart. Your heels should be under your knees.

Stability

- (1) Keep the head and neck in a neutral position.
- (2) Maintain the position of the pelvis and legs.
- (3) The ball should be kept as still as possible.

Motion & Range of Motion

- (1) Tighten the abdominals and pull the ribs towards the pelvis as far as you can without losing stability.
- (2) During the return motion, go back as far as you can without losing tightness in the abdominal muscles.
- (3) Move slowly with control and without losing your stability.
- (4) When your set is finished, roll forward slightly to lower your hips and walk into the ball sitting up as your hips contact the ball.

Leg Curl

Muscles Emphasized: Back of the Thigh, Lower Leg, Buttocks,
Low Back, Abdominals



Start & Finish Position



Range of Motion

Leg Curl

Muscles Emphasized

Buttocks, the Back of the Thighs, Calves and Abdominals

Set-Up & Starting Position

- (1) Lay on the floor with your heels and ankles placed on the ball, hip width apart. Your heels should be placed slightly past the top of the ball.
- (2) Position your arms on the floor at an angle from your shoulders.
- (3) Your hips should be a few inches off the floor.
- (4) To increase the challenge, keep your hips neutral as you roll the ball in. This keeps a straight line from the shoulders to knees and raises the hips higher off the floor.

Stability

- (1) Maintain a neutral spine with your chest up.
- (2) Control the path of the ball in a straight line.
- (3) Keep your knees and feet pointing straight up.

Motion & Range of Motion

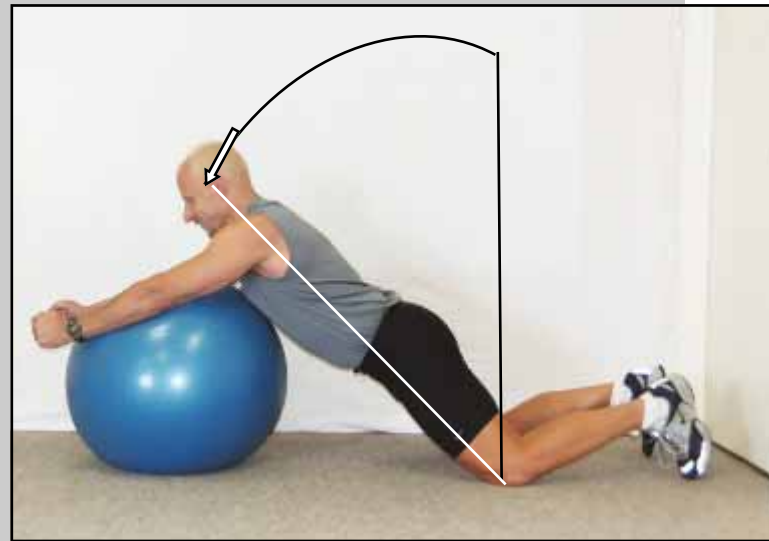
- (1) Press your heels into the ball to lift your hips.
- (2) Roll the ball towards you by pulling your heels towards your buttocks.
- (3) Move slowly with control and without losing your stability.
- (4) When your set is finished straighten the legs and lower your hips to the floor.

Lat Roll

Muscles Emphasized: Back, Shoulders Arms and Abdominals



Start & Finish Position



Range of Motion

Lat Roll

Muscles Emphasized

Muscles Emphasized: Back, Shoulders, Arms and Abdominals

Set-Up & Starting Position

- (1) Position yourself with your knees hip width on the floor. Keep the ball against your thighs.
- (2) Place your fists on the ball, shoulder width apart, on the half of the ball that is closest to your thighs.

Stability

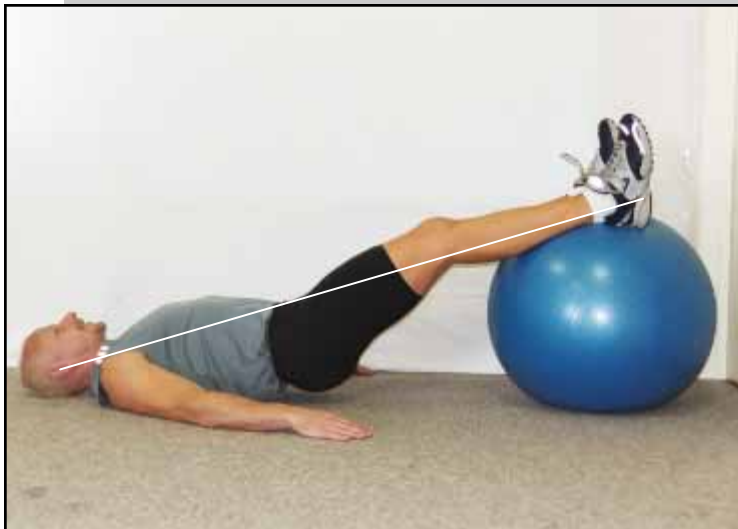
- (1) Keep the head, neck and spine in a neutral position.
- (2) Keep your hips as neutral as possible to maintain a straight line from your knees to your shoulders.
- (3) To lighten the challenge keep your hips positioned over your knees thus allowing the hips to bend and only lean the torso out as you extend your arms.

Motion & Range of Motion

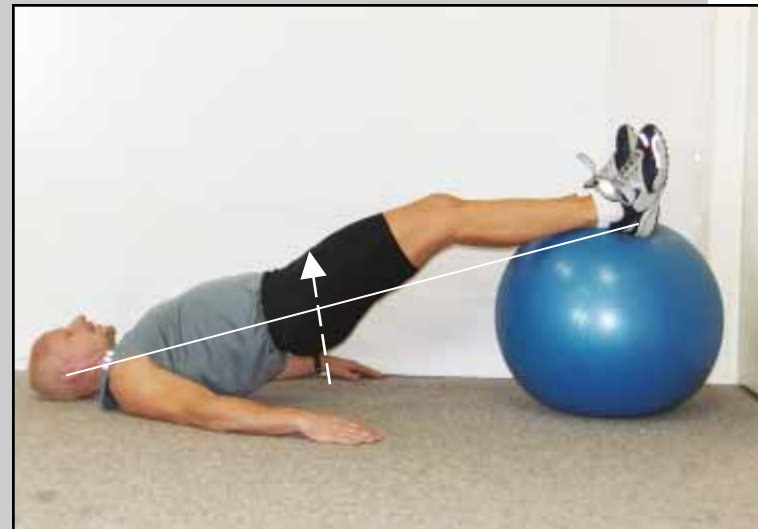
- (1) Straighten your elbows to put pressure into the ball and lean your body weight forward as the ball rolls out.
- (2) Maintain your stability as you roll out as far as you can with control.
- (3) Lift by pushing your forearms down into the ball, this muscle action leverages your arms to lift you back up. Keep your elbows straight until you reach the top of the range of motion.
- (4) The top of the range is where the load is lightest, keep your focus to maintain muscular contraction as you roll out for each additional rep.
- (5) After several repetitions you may need to reposition the ball for optimal leveraging of your muscles.
- (6) Finish your set in the top position.

Drawbridge (Feet on the Ball)

Muscles emphasized: buttocks, rear thighs and muscles along the spine



Start & Finish Position



Range of Motion

Drawbridge (Feet on the Ball)

Muscles Emphasized

Buttocks, the back of the thighs, calves, abdominals

Set-Up & Starting Position

- (1) Lay on the floor with your heels and ankles placed on the ball hip width apart.
- (2) Your arms should be placed on the floor at an angle from your shoulders.
- (3) Your hips should be a few inches off the floor.
- (4) To increase the challenge, place only your heels on the ball and keep your knees bent closer to 90°. This increases the range of motion.

Stability

- (1) Keep your chest up and your spine in neutral.
- (2) Keep your knees slightly bent knee and your feet pointing straight up.
- (3) The ball should be kept as still as possible.

Motion & Range of Motion

- (1) Press your heels into the ball to lift your hips.
- (2) Lift your hips from the low start position to a straightened more neutral position.
- (3) Move slowly with control and without losing your stability.
- (4) When your set is finished, lower your hips to the floor.