



## EXERCISE BALL PROGRAM FOR KIDS

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### EXERCISE BALL PROGRAM FOR KIDS

The Thera-Band® **Exercise Ball Program for Kids** is designed specifically for physical education programs. Using an exercise ball helps increase muscle activity and improves strength and balance. By adding Thera-Band® Soft Weight exercise balls and Resistive Bands kids can get a complete workout.

#### TIPS & PRECAUTIONS

- Remember to warm-up/cool-down
- Stretch before and after exercises
- Maintain proper posture and keep back straight
- Perform slow and controlled motions
- Breathe properly during each exercise
- Don't perform exercises that cause pain
- Always inspect balls before use and discard if damaged
- Avoid sharp objects or jewelry during exercise
- Contact your physician before beginning a program
- Use a ball size that allows the knees and hips to remain at 90°



# Thera-Band®

A C A D E M Y



**Crunch on Back**

Lay on your back with the exercise ball under your knees. Lift your shoulders off the mat, crunching your stomach. Hold & slowly return. Keep the ball steady.



**Bridge on Back**

Lay on your back with the exercise ball under your knees. Lift your rear off the mat, making your body straight. Hold & slowly return. Keep the ball steady.



**"Table Top"**

Lay with your back on the ball and your feet on the floor. Lift your rear upward, making your trunk and hips into a "table top". Hold and slowly return. Keep the ball steady.



**Curl-Up**

From the Table Top position, lift your shoulder blades upward, crunching your abdomen. Hold and slowly return. Keep the ball steady.

# Thera-Band®

A C A D E M Y



**Sitting Leg & Arm Raises**

Sit on an exercise ball. Keeping your back straight, lift one leg at a time. Hold & slowly return; repeat on other leg. Progress to raising arms with your legs. Keep the ball steady.



**Hip Extension**

Lay on your stomach on the exercise ball. Keeping your back straight, lift one leg at a time. Hold & slowly return; repeat on the other leg. Progress to lifting opposite arm and legs. Keep the ball steady.



**Push-up**

Begin by getting on top of ball face-down, and roll your body so that the ball is under your lower legs. Perform a push-up, keeping your back straight. Slowly return. Keep the ball steady.



**Back Extension**

Kneel with the ball secured under your hips and your chest on top of the ball. Lift your chest off the ball. Hold and slowly return; be careful not to over-extend your back. Keep the ball steady.

# Thera-Band®

## A C A D E M Y

Use a Thera-Band® Soft Weight to add resistance to your Exercise Ball routine



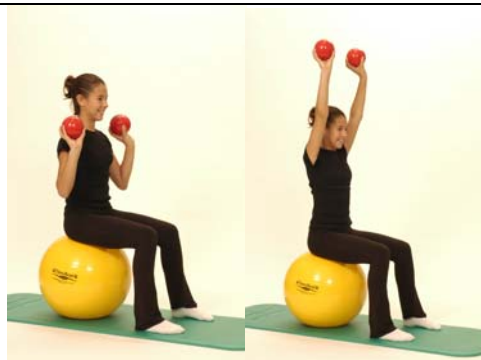
**Table Top Bench Press**

Begin in the Table Top position, holding a Soft Weight in each hand at shoulder level. Extend your elbows upward, lifting the Soft Weights toward the ceiling. Hold and slowly return. Keep the exercise ball steady.



**Table Top Flies**

Begin in the Table Top position, holding a Soft Weight in each hand with your elbows extended upward. Lower the Soft Weights, keeping your elbows straight. Hold and slowly return. Keep the exercise ball steady.



**Overhead Press**

Begin sitting on an exercise ball, holding a Soft Weight in each hand at shoulder level. Extend your elbows upward, lifting the Soft Weights toward the ceiling. Hold and slowly return. Keep the exercise ball steady.



**Lateral Raise**

Begin sitting on an exercise ball, holding a Soft Weight in each hand at waist level. Extend your arms outward, lifting the Soft Weights toward the ceiling with your elbows straight. Hold and slowly return. Keep the exercise ball steady.

# Thera-Band®

## A C A D E M Y

Use a Thera-Band® Exercise Bands with a partner to add resistance to your Exercise Ball routine



**Trunk Twist**

Sit on an exercise ball with one band between the partners, held at chest level. Rotate away from your partner and slowly return. Keep the ball steady.



**Trunk Side Bend**

Sit on an exercise ball with one band between the partners, held with arms extended overhead. Lean your trunk away from your partner and slowly return. Keep the ball steady.



**Seated Row**

Sit on an exercise ball with the end of a band in each hand, held at waist level. Pull the bands away from each other, bending elbows. Slowly return. Keep the ball steady.



**Seated Press**

Sit on an exercise ball with the end of a band in each hand, held at shoulder level. Push the bands away from each other, straightening the elbows. Slowly return. Keep the ball steady.