

December Exercise of the Month Stability Ball Roll Out

Purpose: To increase muscular strength and stability in the core

Primary Muscles: Rectus abdominus, oblique's, erector spinae, latissimus dorsi

Secondary Muscles: Triceps, biceps, muscles of the hips and thighs

Equipment: Stability ball and mat

Starting position:

- ❖ Kneel on a mat, placing the ball in front of you and resting your forearms on the ball.
- ❖ Contract the abdominals and pull the stomach towards the spine.

Roll out:

- ❖ Keeping the abdomen engaged, slowly roll forward to lengthen the torso as far as you can without letting the low back arch. The knees, feet and shins rest on the mat.
- ❖ You should feel added tension across the abdomen and into the lower back the farther you roll out. If the tension surpasses into low-back pain, this means you have either rolled out too far or have lost proper alignment in the core possibly arching the back.
- ❖ Proper alignment is achieved by using core muscles to hold a straight line from the top of your head to the based of the spine. Keeping the hips straight throughout the exercise can help sustain that line.
- ❖ Once you have reached your full roll out range of motion that creates tension without pain, slowly pull your body back to the starting position using the core, arms and lats.
- ❖ Continue for 1-3 sets of 8-12 reps.

Variations and Considerations:

- ❖ Start with a larger ball and gradually progress to a smaller one.
- ❖ For variation, clasp the hands together to contract the upper body and rely more on your arm strength, or try letting the palms and fingers relax to rely more on your core strength.
- ❖ If your back tends to arch or round during the exercise, begin by mastering the prone plank exercise. Keeping the spine in a straight line, hold the plank position for at least 40 seconds. Once you are able to hold the position working against tension without pain, you are ready to progress to the roll out.

Start:



Roll Out:

