

ReCENTER YOUR "SITTER": BIG BALL@ copyright Get ReFormed Pilates (02/2021)

Props: Pilates Mat; Large Stability Ball (65 or 75 cm.); Dumbbells (5 or 8 lbs)

1) **STRETCH: Lay Backwards over the BALL**

Sit on top of Ball Facing 6-8" Away from a Stable Surface (desk, couch, bed)
Hold onto the Sides of the Ball and walk feet forward, rounding your Back under you
When shoulders reach the Ball, Reach Arms overhead and hold onto Stable Surface
Pull yourself Towards and Away from Hand Hold: Arching Upper Back & Lower Back

2) **Table-Top Time:**

Walk Feet Forward Until BOTH Head & Shoulders are fully supported on the Ball
Sit up slightly to Reach for Dumbbells on the floor
Go back to Head & Shoulders on Ball- Hips lifted Up in Tabletop w/ Wts. In Hands
Arms Open to "T" & Close 15xs; Arms Overhead to Tricep Extensions 10 xs

3) **Seated Hula Hoop on Ball**

Walk Feet back In and Sit on Top of Ball- Set Dumbbells down
Hip Circles w/ Hands on Hips. Each Direction 8-10xs, loosening up Hip Complex.

4) **Seated Alternating Marches & Add Soccer Kicks**

Purpose: Core and Hip Stabilization

Fold ("Genie") Arms in front of Chest (Beginners can hold onto Ball)

- a. Marches: Alternate Lifting Knees UP to "March" 10xs- Sitting Tall w/o collapsing spine
- b. Lift Knee up & HOLD while straighten Leg to "Soccer Kick"; Bend Knee again, Foot to floor 10xs

5) **Superman- to-Swan-to-Sleep**

Stand Up and Walk around to Kneel behind Ball; Place Hand on the Sides of Ball, near Top
Slightly lift up Body to lay Belly on Ball-then roll back to kneeling position, Toes tucked Under

- a. Roll out on top of Ball to "Superman" position- Parallel to the Floor
- b. Push Hands against Ball to Lift Upper Body into an Arched "Swan" position
- c. Return to "Superman" position; Bend knees and Roll back to Kneeling Start Position
- d. Repeat Superman-Swan-Superman-Kneel (5xs)
- e. FINISH Kneeling: Hug Arms Around Ball – Stretching Upper Back- Turn Head sideways. REST

6) **Hamstring Heaven:**

Placement: Lay on Back; Feet Flexed on Top of Ball; Legs straight (No Socks!)

- a. Lift Hips in Air in a "Back Plank" Bend Knees Rolling Ball In/Out (Hamstring Curls) 8-10xs.
- b. Combo: 8-10xs
 - 1) Lift Hips into Back Plank
 - 2) Bend Knees Rolling Ball IN
 - 3) W/O moving Ball- Lift Hips in High Bridge-Feet Flat on top of Ball
 - 4) Lower Hips back to Plank Height
 - 5) Roll Ball OUT w/o lowering Hips below Plank Height- STAY in the Air!
 - 6) One Leg Circles- Hip in Air in Back Plank-5 each direction
- c. REPEAT Part "a." 8-10 xs Hamstring Curls in Back Plank

7) **One Leg Circles:**

Placement: Same as 6) Hamstring Heaven

- a. Lift Hips in Air in a "Back Plank" position
- b. Lift R. Leg straight Up- Hold Ball still while make 5 Leg Circle each Direction. Replace Leg on Ball
- c. Lift L. Leg and Repeat Exercise
- d. BOOST UP & HOLD! Hips on floor: Lift R. Leg up First, Then Lift Hips Up and Hold. Repeat L. leg

8) **Front of Hip Stretch (Psoas)**

Kneel Behind Ball; Hands on Top- Swing R. Leg to outside of Ball in a Lunge, Roll Ball away, pressing L. Hip downward in a Stretch- Lay arms or Chest on Ball and Hold Stretch. Repeat L. Leg lunge.

