

## STOTT MINI-STABILITY BALLS



### Does size matter?

The green ball measures 10" and the orange ball measures 12". Height, strength, and degree of workout difficulty can all be factors in choosing the size you need.



### Should I have back pain?

You should NEVER have back pain when performing Pilates' exercises.

If you do experience back pain, stop immediately and go through this check list:

- ✓ Am I engaging my deep abdominal muscles?
- ✓ Am I engaging my gluteus maximus muscle on both sides?
- ✓ Do I need to imprint? Am I maintaining imprint position?

## FOR MORE INFORMATION

### STABILITY PILATES AND PHYSICAL THERAPY

5975 Roswell Road  
Suite C-333  
Sandy Springs, GA 30328  
404-303-9153

[www.stabilityatlanta.com](http://www.stabilityatlanta.com)



*Make sure the ball is placed in the center of your back, just below your shoulder blades.  
For more of a challenge – move the ball lower down your back!*

## Abdominal Series on the Ball

By Autumn Dawson Mathis

There are endless possibilities and exercises that can be performed with the mini-stability balls!

### Upper Abdominal Flexion:

Seated with knees bent and feet flat, place the ball behind your back – in the center just below your shoulder blades (as seen above). Imprint and pull low belly in. Hands supporting your head with elbows wide, shoulders down.

Inhale as you lean back over the ball, exhale as upper abdominals flex you forward: don't flex off the ball – upper abdominals push bottom ribs behind you **into** the ball. Pull low belly in and stay imprinted to protect low back. Repeat 10 times then 10 small pulses.

### Oblique Rotations:

Positioned as above, keep chest lifted pushing bottom ribs **into** the ball. Stay imprinted, without hips moving – rotate just the chest keeping the elbows wide. Wrapping one rib across the other, push the bottom rib into the ball to activate the oblique abdominals. Alternate rotating side to side 10 each direction.

### Leg Extension:

Positioned as above, adding on: Staying imprinted and pulling low belly in – bring one leg into tabletop, **without losing imprint and without bottom ribs coming off ball** straighten leg out and then bend it back in. Pull belly in as you straighten leg out. Repeat 10 times then switch to other leg.

### Leg Lower and Lift:

Positioned as above, keep chest lifted pushing bottom ribs into the ball. Hands can be placed behind head or across chest. **Staying imprinted and without bottom ribs coming off ball** – straighten one leg out; lower and lift leg. Pull low belly in when lowering leg then use abdominals to lift leg back up. Repeat 10 times then switch to other leg.





