



Endurance Training with Resist-A-Ball®

Presented by Mike Morris

mike@resistaballedu.com

Sunday, June 1, 2008 12:00 PM–1:30 PM

Objective: To develop muscular strength and endurance for cyclists utilizing dumbbells and the Resist-A-Ball.

Equipment Needed: Resist-A-Ball and dumbbells

Benefits of Muscular Strength and Endurance Training with Resist-A-Ball

- The Resist-A-Ball requires more muscles to stabilize and balance, and it works the core or trunk muscles in most exercises.
- The Resist-A-Ball is utilized as a portable weight bench.
- Resist-A-Ball allows you to easily reposition your body to change your anchor point on the ball, allowing you to change the primary stabilizers without having to change the primary movers, e.g. supine bridge chest press—supine chest press.
- Being able to roll into different positions with the Resist-A-Ball also allows the primary movers to be challenged at different points in the range of motion, e.g., supine incline bicep curl—seated bicep curl.
- Resist-A-Ball with free weights encompasses numerous exercises that allow you to change your program often with varied strength challenges.
- The Resist-A-Ball can improve balance, posture, body awareness and coordination due to the dynamic nature of the Resist-A-Ball.
- The Resist-A-Ball is inexpensive, portable and fun, allowing you a total-body strength workout with minimum equipment.

Safety Technique

- Maintain good postural alignment and review movement pattern before adding resistance.
- Maintain **control** throughout the movement and avoid momentum.
- Be attentive to your posture as you pick up the weights, set up for the exercises, and also as you complete the exercise.
- Progress and increase the range of motion and resistance.
- Choose a resistance that you can handle in the most difficult position in the range of motion. Listen to your body and proceed according to your fitness level.
- Hold the dumbbells with a relaxed grip.

Exercises

Refer to additional handout with exercises and cueing.

Thank you for attending!

Website: www.resistaballedu.com

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