



Innovative Intervals With Resist-A-Ball®  
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Friday, May 30, 2008 7:00 AM–8:30 AM

**Objective:** This workshop will show you how to incorporate Resist-A-Ball movements to develop muscular strength and cardiovascular fitness within the same workout. This calorie-burning, muscle-conditioning workout will give your members exactly what they seek — a time-efficient, heart-pumping, total-body workout that is so much fun it feels like play.

#### **Benefits of Resist-A-Ball**

- Versatile
- Appropriate for varied levels of fitness and experience
- Easily positions the body for greater range of motion than some traditional exercises
- Enables students to work off the ground or floor: Seated cardio movements can increase intensity by lifting and lowering the body weight to the ball.
- Improves core stability: The musculature of the trunk is working to stabilize the spine in both cardiovascular and strength movements.
- Develops balance, posture, body awareness, coordination and functional strength
- Can use to train speed, agility and quickness
- The addition of the Resist-A-Ball adds an element of fun and play to the cardiovascular segments, adding dribbling, throwing, catching and rolling to different positions.
- In a standing position, the added weight of a 2-lb. ball can raise the intensity.
- Easy to incorporate standing and seated cardio/strength movements that create smooth transitioning needed in a group fitness format
- The Resist-A-Ball not only supports the body in many strength positions, but also can counterbalance movements in the cardiovascular segments.
- The use of the Resist-A-Ball in a cardio/strength interval format minimizes equipment needs.
- Affordable, portable and low maintenance

#### **Ball Sizing Tips:**

- When seated on the ball, the knees should be approximately even with the hips.
- A firmer ball will increase the balance challenge in many of the exercises. A de-conditioned, overweight or mature individual may decide to use a larger ball.
- In general, a 55-cm or 65-cm sized ball is recommended for this workout.

#### **Safety:**

- Keep the area free from all other equipment.
- Be attentive to postural alignment, keeping the chest lifted and abdominals engaged.
- Master movement patterns before adding the ball or other forms of resistance.
- Upper body movements should include a mix of high-, mid- and low-range movements.
- Keep all choreography simple in order to *transition* quickly from strength to cardio segment.
- Execute each movement with control and avoid momentum.
- The ball can get slippery with excessive sweating; use a towel to wipe down the body or ball.

**Music:** Beats per minute (BPM) are approximately 128-130. For more experienced participants, the BPM can increase to 135-140 during the standing cardiovascular segments. However, we do not recommend exceeding 130 BPM during seated cardio or strength segments.

Thank you for attending Innovative Intervals with Resist-A-Ball.

**Available on: Resist-A-Ball DVD “Cardio Strength with Resist-A-Ball”**

Website: [www.resistaball.com](http://www.resistaball.com)

**Please remember to submit a session evaluation.  
Your feedback is important to us!**