



Peak Athletic Conditioning with Resist-A-Ball®
Presented by Mike and Stephanie Morris
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Saturday, May 31, 2008 1:00 PM–2:30 PM

Objective: This challenging and fun workshop will improve dynamic balance, core stabilization and muscular strength and endurance for total-body conditioning. Using more advanced ball exercises, Peak Athletic Conditioning with Resist-A-Ball is designed for physically active people with previous ball experience who want to improve their recreational sports performance and reduce the risk of injury.

Equipment needed: Resist-A-Ball (55 cm preferred)

Technique:

- Proper alignment and posture must be maintained for both safety and effectiveness.
- Execute each movement with control and avoid momentum.
- Due to the balance challenge in many of the exercises, requiring a greater degree of stabilization, some experience with the ball is preferred.
- Progress from a reduced range of motion as skill and strength with the exercises improves.

Format: Resist-A-Ball Boot Peak Athletic Conditioning is broken down into six blocks of sequenced exercises that can be linked together for an advanced total body workout, or the exercises can be used individually. It is appropriate for both one-on-one training and for experienced group fitness participants. As with any exercise program, the exercises should be reviewed and practiced until execution with proper alignment is achieved. Since some of the movements in the blocks get progressively more difficult, the blocks can be reduced to fewer exercises or participants can start with fewer repetitions of each exercise until strength and endurance improves.

Music (if used): Recommended speed 124–128 BPM

Block One

Seated Iso Sit Backs
Supine Bridge March
Seated Sit Back Crunch & Extend
Supine Bridge Kicks
Supine Trunk Circles
Supine Bridge Opposition Arm & Leg
Supine Alternating Crunch Punches
Supine Bridge Alternating Shoulder Punches
Supine Trunk Traction
Supine/Incline Figure 4

Block Four

Note: Prone Kneeling—PK
PK Elbow Plank Shoulder Roll
PK Ball Plank In/Out Push Up
PK Thread the Needle Stretch
Prone Plank Push Up
Prone Elbow Plank Knee Extension

Block Two

Side-lying Iso "T" Plank
Side-lying Hip Range of Motion (ROM)
Side-lying "T" Hip Range of Motion
Side-lying Plank Balance
Side-lying Figure 4
Side-lying One Arm Push-up
Side-lying Rotary Torso Stretch

Block Five

Prone Plank Rotation (Log Roll)
Prone Over Ball Hip Extension
Prone Plank Pike
Prone Over Ball Back Fly
Prone Plank Hip Tuck ROM

Block Three

Supine EL (Elevated Leg) Extend Hip/Hip Extens.
Supine EL Leg Press
Supine EL Extended Hip Hamstring Roll Outs
Supine EL Iso Adduction Hip Extension/ Rotation
Seated on Floor EL Plank

Block Six

Forward Bending Hip Extension
Seated Triceps Dip
Seated Hamstring Stretch/Triceps
Seated Adductor Stretch/Single Leg
Seated Rotary Torso Stretch

Available on Resist-A-Ball DVD "Peak Athletic Conditioning"
Website: www.resistaballedu.com

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