

STOTT PILATES®

Toning Balls

Includes
15 Exercises:

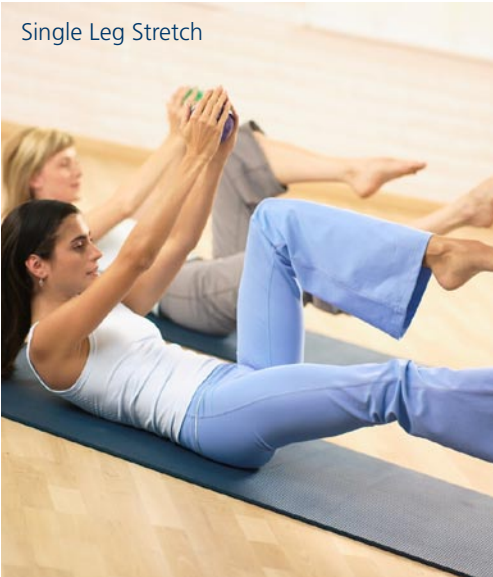


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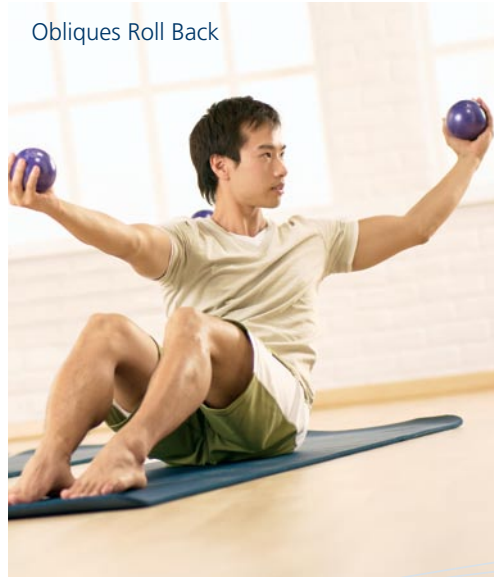
STOTT PILATES® Toning Balls™ are small, hand-held, weighted balls that are appropriate to add to every exercise routine. Alone or in pairs, these lightweight, pliable balls can bring a new dimension to upper- and lower-body moves as well as target the all-important core. Add variety, increase challenge, build endurance and develop strength with these straightforward tools.

THESE EXERCISES CAN BE PERFORMED WITH THE 1, 2 OR 3 LB MODELS OF TONING BALLS.

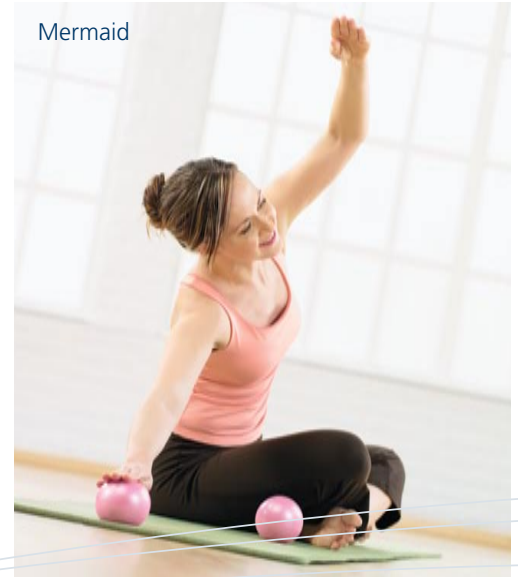
Single Leg Stretch



Obliques Roll Back



Mermaid



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HUNDRED Complete 10 sets

STARTING POSITION lying on back on mat, imprinted position; legs bent in tabletop position, upper torso flexed with arms reaching by sides holding Toning Balls, palms up
 INHALE for five counts pulsing arms EXHALE for five counts pulsing arms



HALF ROLL-BACK

Complete 5-8 repetitions

STARTING POSITION seated, knees bent and together; arms reaching overhead holding Toning Balls

INHALE prepare

EXHALE curve lower back toward mat and reach arms forward to shoulder height

INHALE return to vertical, reaching arms overhead

AB PREP Complete 5-8 repetitions



STARTING POSITION lying on back on mat; feet shoulder-distance apart, spine in a neutral position, neither arched nor flat; hands resting on Toning Balls
 INHALE prepare and nod head slightly



EXHALE curl upper body off the mat without pressing lower back down and roll balls along mat



INHALE lower body to mat and roll balls back



SINGLE LEG STRETCH *Complete 5-8 repetitions*

STARTING POSITION lying on back on mat, imprinted position, upper torso flexed; legs in tabletop position, holding one Toning Ball with both hands; INHALE prepare EXHALE keep upper torso lifted and reach one leg out on diagonal INHALE begin to switch legs EXHALE reach opposite leg out on diagonal



ROLLING LIKE A BALL

Complete 5-8 repetitions

STARTING POSITION seated on mat, just back of sit-bones; spine rounded, knees flexed with feet off the mat; holding Toning balls in each hand, elbows flexed and arms lifted

INHALE increase curve in lower spine and roll back onto shoulders, opening elbows out to sides

EXHALE roll forward to balance bringing elbows forward

BREAST STROKE PREP

Complete 5-8 repetitions.



STARTING POSITION lying on stomach on mat, legs long and together, hands by shoulders resting on Toning Balls INHALE prepare



EXHALE lift head and shoulders off mat



INHALE straighten arms rolling balls away



EXHALE flex elbows rolling balls in



INHALE return to starting position



OBLIQUES ROLL BACK

Complete 5-8 repetitions

STARTING POSITION seated on mat, spine as tall as possible; knees flexed, arms reaching forward holding Toning Balls, palms up

INHALE prepare

EXHALE curve lower back and rotate torso to one side reaching that arm back

INHALE return to front reaching arm forward

AB PREP WITH BICEPS *Complete 5-8 repetitions*

STARTING POSITION lying on back on mat; feet shoulder-distance apart, lower spine in a neutral position, neither arched nor flat; upper torso flexed off mat, holding Toning Balls, palms up; INHALE prepare EXHALE keep torso lifted and flex elbows to bring balls to shoulders INHALE keep torso lifted and extend elbows to reach balls away

OBLIQUES *Complete 5-8 repetitions on each side*



STARTING POSITION lying on back on mat, knees flexed with Toning Ball between knees, spine in a neutral position, neither arched nor flat, hands behind head INHALE prepare

EXHALE curl upper torso up off mat and rotate to one side keeping elbows wide

INHALE return to starting position

HIP ROLLS

Complete 5-8 repetitions



STARTING POSITION lying on back on mat, knees flexed with Toning Balls under soles of feet, spine in a neutral position, neither arched nor flat, hands by sides;
INHALE prepare



EXHALE peel spine up off the mat from the tailbone until resting on the shoulders **INHALE** stay



EXHALE roll spine down to mat from rib cage to tailbone



SPINE TWIST

Complete 5-8 repetitions on each side

STARTING POSITION seated on mat as tall as possible, legs crossed, elbows flexed by sides, hands holding Toning Balls, palms up

INHALE prepare

EXHALE rotate torso to one side reaching opposite arm forward

INHALE return to starting position



KNEE STRETCHES PREP Complete 5-8 repetitions on each side

STARTING POSITION kneeling on all fours on mat, spine in a neutral position, eyes looking down at mat, hands resting on Toning Balls **INHALE** reach one arm forward and one leg back **EXHALE** pull knee in toward chest and elbow in toward knee **INHALE** reach arm forward and leg back **EXHALE** return to starting position

MERMAID

Complete 5-8 repetitions on each side

STARTING POSITION seated on mat as tall as possible, legs crossed, hands resting by sides on top of Toning Balls

INHALE reach one arm overhead

EXHALE side bend to one side rolling the ball away

INHALE return to vertical keeping arm overhead

EXHALE lower arm to side



STANDING ROTATION

Complete 5-8 repetitions on each side

STARTING POSITION standing, feet hip-distance apart, knees slightly flexed, torso hinged forward, spine flat; arms reaching forward, holding Toning Balls

INHALE keep eyes looking forward and reach one arm out and back

EXHALE quickly return torso to the front and bring arms together

SIDE BEND PREP Complete 5-8 repetitions on each side



STARTING POSITION sitting on one hip, knees flexed and together, resting on one hand, other hand by side holding Toning Ball INHALE prepare



EXHALE squeeze legs together and lift hips, reaching arm overhead



INHALE slowly lower to mat, lowering arm

