

The Muscle Up (MAGIC) Sponge Ball

Introduction:

Do you have clients that just cannot seem to find those deep lower abdominals?

What about those that are stuck in their thoracic spine?

How about helping the kyphotic posture by allowing for further extension of the spine and more ROM in flexion?

My goal today is to show you these exercises that you can implement in your abs class or with your personal training clients on Monday morning!

Prone Shoulder Mobility:

Lie on your stomach with your head looking down or just resting on a towel. On your inhale, roll the shoulder blades to the ears, on the exhale slide down to your pelvis, connect the shoulder blades and then lift the sternum

Note: relax glutes.

Hip Bridge:

(Ball between knees)

Engage abdominals and pelvic floor as you peel off the floor one vertebra at time, keeping your lower back pressed to the floor as long as you can. Keep the length from clavicle to clavicle as you get to the top. Hold and squeeze the ball for 1 count. As you lower down one vertebra at a time, keep the squeeze of the ball.

Variations:

Hip bridge with ball under one foot, under both feet

Abdominals:

Place ball under spine where shoulder blades finish.

This is an excellent position to increase mobility of upper T-spine

Support your head with hands (allow head to be heavy in your hands) inhale to drop back and exhale as you fold at the ribs to come up. Stay up.

Variations:

1) Oblique work

2) Same as above with straight legs.

3) Side lying - if comfortable lying on your side, with the ball between your feet, place free hand in front and press gently to floor as you lift both legs off floor

Side Lying Hip Rotators:

Bring legs to 90/90 and keep ball between feet, TOP HIP DIRECTLY OVER BOTTOM HIP, on exhale, pivot top knee to ceiling, and press to ceiling for 3 counts and then come back down

Push Up Series:

Place ball under front of ankle, lower body down, roll ball in and out and lower back down to floor

Lower Abdominal Series:

Place ball under sacrum-

Level 1 - With knees bent, and abs engaged, alternately lift knees towards chest, and down

Level 2 - Knees up at 90 deg-and abs engaged, alternately lower foot to floor

Level 3 –Both legs at same time

Advanced- straight legs

*Thank you for attending
For further questions*

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