

# PILATES ON THE BALL

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**Developed By: Tracy Cipryk**

## **Objective**

Develop skills in how to incorporate the stability ball and small exercise ball into an essential Pilates workout. Explore ways to modify or intensify the exercises through the use of the ball

## **Principles of Stabilization**

Breathing Principle

Pelvic Placement Principle (cup of tea, triangle; elevator)

Rib Cage Placement Principle (stop the pop; shirt buttons; knit the ribs closed)

Scapular Movement and Stabilization Principle (head lights verse high beams)

Head and Cervical Placement Principle (open a window; puppet on a string)

## **Exercise List**

Ab Prep: floor and ball

Breast Stroke Prep: hover; release and thoracic extension

Shell Stretch: floor and ball

Hundreds: leg positions

Half Roll Back: floor and ball

Spine Twist: shoulder girdle stability with ball; pelvis stability seated on ball

Rolling Like a Ball: single; partner work

Obliques: floor and ball

Double Leg Stretch: ball in hands; ball between feet: throw and catch

Scissors: on ball; in bridge position

Shoulder Bridge: leg variations; hamstring partner work  
Roll Over: ball between feet; ball in hands  
Leg Pull Front: elbow position; feet position  
Saw: on the floor; on the ball  
Neck Pull: on the ball with hamstring release  
Side Kick: arm balancing positions  
Side Leg Lift Series: leg lifts; knee pulls  
Spine Stretch Forward: bed knees; straight legs; combing back release  
Teaser: ball rolling technique; feet on the ball  
Swan Dive: from the ball; from standing position  
Swimming: with legs only; combining tricep press  
Side bend: bend knees; straight legs  
Push-up combination

**Thanks for coming!**

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