

CONTENTS

Exercise Finder	vi	
Accessing the Online Video	xii	
Introduction	xiv	
CHAPTER 1	THE STRENGTH BALL ADVANTAGE	1
	Activate maximal muscle activity using stability and medicine balls	
CHAPTER 2	TRAINING WITH THE STRENGTH BALL	13
	Learn to progress, adapt, and integrate strength ball exercises within your strength training workouts	
CHAPTER 3	ASSESSMENT	35
	Identify areas for improvement and measure progress with total body and core strength assessments	






CHAPTER 1

THE STRENGTH BALL ADVANTAGE

Strength ball training involves fitness and sport workouts using both stability balls and medicine balls. The instability of a stability ball and the dynamic property of a medicine ball are tools used in practicing the most modern functional training methods.

The practice of integrating a ball with human motion dates to the second century AD. Today's stability ball was developed in the early 1960s as a toy for children. It was adopted by physiotherapists as a means of improving patients' proprioception and balance (Posner-Mayer 1995). Recognizing

Exercise Finder *(continued)*

Exercise	Stability ball	Medicine ball	Additional equipment	Video	Page number
Abdominals, Lower Back, and Glutes <i>(continued)</i>					
Back Extension	✓				246
Ball Sit-Up to Medicine Ball Pass	✓	✓			255
Barbell Hip Extension With Medicine Ball Squeeze		✓	Barbell		248
Hanging Knee Raise With Medicine Ball		✓	Pull-up bar		252
Reverse Back Extension	✓		Flat bench		244
Stability Ball Reverse Rollout	✓		Power rack and bar		250
Supine Lower-Abdominal Cable Curl	✓		Cable with ankle strap		238
Supine Lower-Abdominal Curl and Crunch	✓				240
V-Sit Medicine Ball Transfer		✓			242
Wrap Sit-Up	✓				234
Biceps, Triceps, and Forearms					
Eccentric Accentuated Biceps Curl	✓		Dumbbells		258
Incline Triceps Extension	✓		Dumbbells		260