

Why use a gym ball?

Gym balls are rapidly gaining in popularity as an easy and fun way to get an effective workout. Gym balls add the dimension of instability to exercises, and force our bodies to constantly make small adjustments to maintain balance. This enhances coordination of the muscles, particularly those which maintain proper posture. Gym ball exercises work on core body strength - muscles found in the back and torso -- which help us stay upright and support the spine.

Safety tips:

- Before beginning to exercise, become familiar with the ball in order to gain balance and confidence.
- The ball should be comfortable to sit on and you should just slightly sink into it with your knees bent at 90-100.
- Choose a room with plenty of space. Gym ball exercises must be performed on a carpeted surface.
- Wear running shoes.
- A slightly under-inflated ball is easier to start with. Inflate the ball further to make the exercises more challenging.
- Make sure to maintain the readiness position and abdominal hollowing while using the gym ball.
- Only exercise within your pain-free zone and remember to maintain control.
- Remember to use proper postural alignment at all times. This will ensure proper joint motion and muscle function.