

**MOVE IT  
OR LOSE IT!**



**Resistance Ball Exercises**

# Top to....

## 1. Tricep Toner



Sit or stand up straight. Lift the ball out in front of you and take it up and over your head with the elbows pointing upwards. Make sure you don't dip your head forward but keep it in alignment with your spine and only go as far as you can comfortably. Return the ball slowly back to the start position, do 5

## 2. Posture Improver



Stand up tall, take the ball slowly around in a circle at waist height, passing the ball between hands directly in front and behind you. As you improve, pause as you pass to really open up the chest and squeeze you shoulder blades inwards. Do 5 repetitions each way.

## 3. Waist Trimmer



Stand up straight with feet apart, gradually roll the ball down the side of your leg and hold this position for a few seconds. Tighten your abdominal muscles and roll back up towards your hip, repeat 5 times each side.

## 4. Tummy Toner



Sit upright on a chair and place the ball between your lower back and the chair. Sit tall, tighten your abdominals then push gently back to squeeze the ball slightly. Hold for a few seconds, then release & relax your abs, repeat up to 10 times. Remember to breathe normally throughout; counting out loud prevents you holding your breath!



## 5. Thigh Toner



Place the ball between your thighs and squeeze them together slowly. Hold for two to three seconds, then release the tension and repeat 10 times.

## 6. Upper body



Hold the ball at chest height with your elbows pointing out to the side. Compress the ball slowly for 2-3 seconds then release and repeat 5 times.

## 7. Wrists & Hands



Hold the foam ball with both hands spread around the circumference. Squeeze it with your hands, hold for 3 seconds and release.

Now try pressing into the ball with just your thumbs, then just your index fingers, then middle and ring fingers in turn finishing with your little fingers.

For more exercise tips or to find your local Move it or Lose it! class, go to:  
[www.moveitorloseit.co.uk](http://www.moveitorloseit.co.uk)

Remember to check with your GP if you have any health or joint problems before trying any of these exercises.

...toe workout