

fitness circle

The fitness circle is a fun and effective way of exercising with resistance. Its' versatile nature means you can do your exercises almost anywhere!



This series of exercises, when performed daily, can help to improve the tone and function of muscles such as the abdominals, inner thighs and back. Correct use of the circle

- Strengthens core stabilising muscles of the trunk
- Improves posture
- Increases strength and tone of muscles such as thighs, back, abdominals and arms

While exercising with the Fitness Circle it is important to be aware of your posture and maintain a stable core. Try to keep your back in a neutral position, lift your pelvic floor and draw in your lower stomach region, keeping your shoulders low and your chin tucked in! Remember to check your alignment prior to each exercise. Breathing is an important component of these exercises and you should always try to avoid holding your breath. **As a rule, exhale and squeeze for 3 seconds, inhale and release for 2 seconds.** Repeat each exercise 10 -15 times before you move on to the next one.

WARNING If you experience any pain or discomfort, discontinue the exercise and seek professional advice.

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Providing innovative and individualised treatment, rehabilitation and prevention programs for musculoskeletal injury.

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THE TWELVE
ESSENTIAL
FITNESS
CIRCLE
EXERCISES

fitness circle

Bent Fly

Lying on your back with your knees bent up hold the pads of the circle on the palms of your hand, then with your arms bent in front of your chest, squeeze in against the pads, hold for three seconds and release - careful not to tense your neck muscles!



Straight Fly

Repeat position 1 with your arms extended out at chest height. Once both these exercises can be completed competently while lying down, progress by standing up - this challenges you to keep that good posture without the help of the floor!



Overhead Fly

Repeat position 1 and bring the circle above your head, and -keeping your elbows slightly bent - push in with both hands.



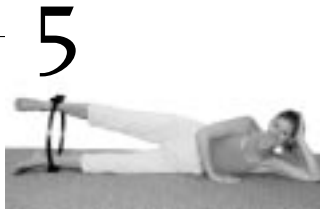
Biceps

Place one palm on the pad of the circle and the other pad on the chest wall. Ensure elbow remains slightly bent and gently squeeze against the chest - careful not to rotate your shoulders or hips!!



Thighs

Lie on side with legs straight and both inside the circle. The bottom leg is holding the circle on the ground. Gently lift the upper leg up. Repeat on the other side. The exercise can be reversed by placing the upper leg on the pad on top of the circle and pushing down.



Inner Thighs

Lying on your back with your knees bent up, place the circle between your knees. Push your legs together while ensuring your back stays well positioned and your stomach is tensed.



Bridge

Starting position is the same as for number 6. As you push your legs together, pick your bottom up from the floor. Maintain this position for 3-5 seconds before lowering.



Buttock Toner

Lying on stomach with your knees bent up and your arms by your side, position the circle between your ankles then gently squeeze your ankles together while tightening your buttocks.



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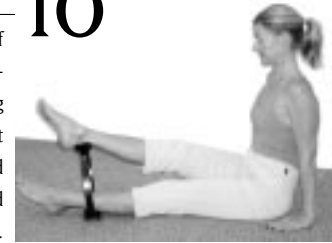


Advanced Buttock Toner

Starting position is the same as for number 8. Bring your upper body off the floor and support yourself with your forearms. Keep your shoulders low and chin in. Once in this position gently squeeze your ankles together. Careful to keep that lower stomach drawn in!

Hamstrings

Sitting up tall - place your hands behind you if you have difficulty balancing without them - place the ring on the floor, with your left leg inside the ring to hold it down and your right leg on the pad at the top. Gently push the pad down toward the floor, maintain a good alignment with your stomach tensed.



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Back Toner

Place the circle at your side, supporting one pad with your hip and the other with your hand. Ensure your arm is kept straight. Gently press against the circle with your hand, being careful not to use the muscles of your neck and shoulders.



Advanced Back Toner

Standing tall, with good alignment, place the circle behind your body, and with your arms straightened, support it with your hands on either pad. Gently push the circle in, being careful not to tighten your neck or shoulder muscles!!

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The PhysioBall is a fun and innovative tool that provides an exceptional workout. It is especially useful for improving back health.



A series of exercises performed once a day can help to improve strength and tone in your abdominal region and your back, as well as giving you the ability to work aerobically. Correct use of the ball

- Strengthens core stabilising muscles of the trunk
- Improves posture
- Increases mobility of the spine
- Tones muscles of the arms, legs and abdominal regions
- Improves balance
- Increases co-ordination

While exercising with the ball it's important to lift your pelvic floor and keep your lower abdominal region drawn in. These muscles help to stabilise the back and will improve your posture. Having the proper body alignment will help to activate these muscles correctly, so ensure that you are sitting tall with your shoulders low and your chin tucked in. When using the ball as a chair, start with short intervals and build up gradually. Exercises using the ball can be completed in any area that is vacant of obstacles - even sitting in front of the television! Repeat each exercise 10 - 15 times before you move onto the next one.

WARNING If you experience any pain or discomfort, discontinue the exercise and seek professional advice.



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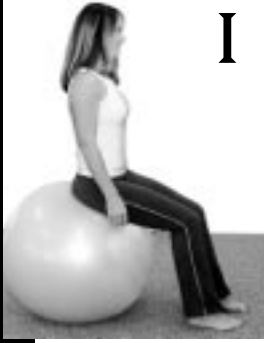
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Pelvic Dance

Sitting on the ball, try to move your hips independently of your trunk by slowly tilting your pelvis forwards and backwards, then side to side. When you can do that, try to circle your pelvis. You should not see your shoulders or trunk move along with you.



Knee Kicks

Sitting on the ball, straighten out one leg at a time. The aim is to not let the ball move. When this becomes too easy add in arm movements such as punching or swinging. This makes it harder for you to keep your balance.



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Roll Outs

Kneeling on the floor, place your forearms on the ball. Keeping your back straight and your stomach tense, roll the ball away from your body - the further out you go the harder it gets!! Challenge yourself by timing how long you can stay out there, while maintaining your alignment.



Opposite Leg/Arm Lifts

Lying over the ball so your hands and feet both touch the floor, slowly lift your left arm and right leg from the ground, while not letting the ball move. Try to imagine you are a straight line, and don't form a star with your arms and legs!



Push Ups

Lying over the ball with your hands on the ground and your feet off the floor, align your back and tense your lower stomach. Slowly lower yourself toward the ground by bending at your elbows and then straightening again. Be sure to maintain your good alignment as you move. To make it more difficult move further out on the ball.



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Bridge

Lying on the floor - place your feet up on the ball. The closer the ball is towards your knees the easier you will find this. Place your arms down by your sides and slowly pick your bottom from the floor. Don't let the ball move!! Hold for 5 seconds, then lower yourself.



Bridge Roll In

Same starting position as for number 6, then while off the floor roll the ball in toward your bottom and out again by bending and straightening your knees. Make sure your stomach is tense throughout the movement.



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Reverse Bridge

From sitting on the ball walk yourself slowly forward until your shoulders and head rest on the ball - knees bent to keep you up! Holding this position for a period of time - keeping your bottom high and your stomach tense - can be quite a workout but if it's not enough for you move your arms over your head one at a time and keep the ball balanced!



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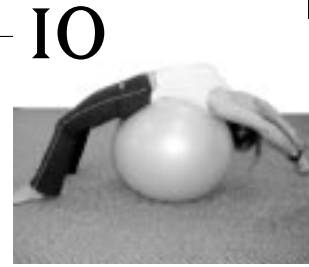
Spine Twist

Lying on your back with your knees bent up, place your arms over your head holding the ball in your hands. Slowly drop your knees to the left while taking the ball over to the right. Hold for 15 seconds and then swap directions.



Barrel

Sitting on the ball, slowly walk forward until your upper back is supported by the ball and your knees are bent. Taking your arms with you, let your upper body lean back over the ball, hold for 15 seconds and walk back up slowly. If you have neck pain or problems use your hands to cradle your neck as you lean back.

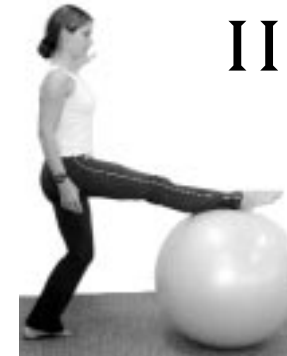


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Hamstring Stretch

Standing near a support, place one ankle up on the ball. Keeping that leg straight, let the ball roll forward by bending your support leg, until you feel a stretch down the back of the leg on the ball. Hold for 15 seconds then swap legs.



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Gluteal Stretch

Lying on your back, place your left ankle on the ball and your right ankle on your left knee. Slowly roll the ball in towards your bottom until you feel a stretch down the side of your right thigh. Hold for 15 seconds, release and swap sides.

