

## **MAT WITH A SMALL BALL**

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### **OVERVIEW**

Using a small ball can deepen the work, provide challenge, and variation to your Pilates mat work.

### **OBJECTIVES**

Learn the Fundamentals:

- Imprinting
- Breathing
- Iso-Abs
- Pelvic Clock
- Leg Slides – Ball under the sliding foot
- Knee Sways – Ball between knees

### **SUMMARY**

Have fun finding new ways to challenge your clients and yourself!

### **Workout Online:**

- Hundred – Ball between ankles. Pump arms for 5 inhale, squeeze ball for exhale, keep pumping arms up and down.
- Basketball legs – Scissor legs pass ball between legs.
- Roll up – Ball between ankles or hands
- One Leg Circle – Ball under bottom leg
- Rolling like a Ball – Ball against thighs and chest. Keep everything together. Arms reaching out long, not holding legs.
- Abdominal Series:
  - Single Leg Stretch- Ball In hands, elbows wide
  - Double Leg Stretch
    - 1) Ball between ankles
    - 2) Ball between hands
    - 3) Alternate

**Please remember to submit a session evaluation.  
Your feedback is important to us! WSSC 2019**

- Scissors- Ball between hands, keep hands straight above chest, bring leg to ball and tap twice.
- Double Leg Lower Lift- Ball between ankles
- Criss Cross – Ball between hands, behind head, head lifted- ball off the floor
- Spine Stretch Forward – Ball between ankles
- Open Leg Rocker – Ball between ankles
- Corkscrew – Ankles
- Tic Toc – Ankles
- Saw – Between ankles
- Swan I Neck Roll – Between ankles
- Swan Dive – Ankles
- Single Leg kick – Between ankles
- Double Leg Kick – Between ankles
- Neck Pull – Between ankles
- Shoulder Bridge
  - 1) Between Knees – Squeezing variations
  - 2) One Leg out – squeeze
  - 3) Ball Under Feet – Bridge and roll feet front/back
- Seated Roll Back – between knees- Variations
- Spine Twist – Between ankles
- Jackknife – Between ankles
- Side Kick Series – Ball under bottom leg
- Teaser I, II, III – Ankles
- Swimming
  - 1) Ball under 1 palm, do Swimming Prep on one side three times, then switch
  - 2) Ball between Ankles, do Swimming squeeze into ball and keep it as kicking legs.
- Leg Pull Front
  - 1) Ankles just rock back and forth with ball
  - 2) 1 Leg on Floor, 1 Leg on Ball, rock back two times, then switch.
- Leg Pull Back
  - 1) Ankles
  - 2) Ball under 1 leg, roll that leg out/in. Then place leg on top of ball and lift straight leg three times then change legs
- Mermaid – ball behind top leg knee, both hands on floor opposite side swing leg front/back, up/down.
  - Then into Mermaid Stretch
- Boomerang - Ball between ankles
- Seal – Between feet
- Push Ups – Between ankles

### **Standing Power Circle Exercises with the Ball**

- Low to Thighs
- Chest Height
- Diagonal
- Dynamic Pulsing
- On the Hip

### **Ball Between Ankles – Power Circle Standing Exercises**

- Side, Front, Back- Both Legs
- Squats – Ball between Knees
  - Variations – Heel Lifts
- Standing Balancing on 1 Leg – Ball behind bent knee
  - Variations – Front, turned out, side, back, attitude