

Learn how to train with your Stability Ball at
sklz.com/StabilityBall

Or you can start now. Just open this panel,
and get after it.

TRAINING GUIDE

powered by
EXOS

SKLZ products are designed in collaboration with EXOS, the leader in proactive health and performance programs for professional athletes, the military and those serious about fitness.

These training drills are provided to you by EXOS and provide step-by-step instruction to help you reach new levels of performance using SKLZ products.

Add this gear to your training
to get strong for your sport.



Resistance Cable Set



Med Ball



Mini Bands

Post your experience with #SKLZ and you
might be featured on the SKLZ network.



Stability Ball V1

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PREPARE TO BE READY

SKLZ

TRAINING TIPS

WARM UP

Prepare your body to move before you train. This helps to reduce the likelihood of injury.

TRAIN

Use these Drills as part of a comprehensive session.

RECOVER

Take time to recover after every session. This can help to accelerate muscle repair.

DRILLS

PUSH-UP

Start in a modified push-up position with your hands on the Stability Ball and your feet on the floor.



STEP 1

Keeping your stomach tight, lower yourself until your chest just grazes the Stability Ball.

STEP 2

Control the Stability Ball as you push back up, pushing your chest as far away from the Stability Ball as possible.

COACHING TIP: Position your hands so that you don't feel it in your wrists.

FEEL IT: Works your chest, shoulders, arms and torso.

RUSSIAN TWIST

Lie face up on the Stability Ball with your shoulder blades on the Stability Ball, keep hips tall and arms held straight above you with your hands together.



STEP 1

Keeping your hips tall and parallel to the floor, turn your shoulders to one side.

STEP 2

Twist back to the starting position.

STEP 3

Repeat the movement in the opposite direction.

COACHING TIP: While rotating, squeeze the glute on that side to keep your hips flat.

FEEL IT: Stretching your torso, working your hips and sides of your torso.

LEG CURL

Lie face up on the floor with your legs straight and your heels on top of the Stability Ball about shoulder width apart.



STEP 1

Lift your hips until your body is in a straight line from ankles to shoulders.

STEP 2

Keeping your hips tall and your toes pulled up toward your shins, pull the Stability Ball toward your glutes with your heels.

STEP 3

Slowly extend your legs to push the Stability Ball away from you.

COACHING TIP: Do not let your hips drop as you pull your heels toward your glutes.

FEEL IT: Works your glutes, hamstrings and lower back.

DYNAMIC PLANK – KNEELING

Start in a modified push-up position with your knees on the ground and your forearms on the Stability Ball under your shoulders.



STEP 1

Keeping your torso stable and your back flat, slowly roll your forearms out in front of you, going as far as you can without losing a stable torso.

STEP 2

Reverse the movement, returning to the starting position.

COACHING TIP: Increase your range of motion as you progress. If your back starts to arch, shorten the range of motion.

FEEL IT: Works your torso and shoulders.