

## Appendix

# Helpful Resources

In this appendix I've provided you with additional resources, such as books, Web sites, videos, and ball kits, to help you find different accessories and training techniques on the ball.



Be sure to check out the rehabilitative guides and resources at the end of this chapter if you have an injury and are looking for ways to improve your health.

## Online Shopping Resources

If you decide to purchase your ball and/or any accessories over the Internet (which is fast and convenient), I recommend the following sites that carry the brand of balls I suggested on the Cheat Sheet (the yellow tear-out card in the front of this book).

- ✓ [www.bodytrends.com](http://www.bodytrends.com): This site features thousands of fitness products and provides price comparison charts and buying guides for each item.
- ✓ [www.fitball.com](http://www.fitball.com): This site offers Fitball exercise balls, which Ball Dynamics manufactures. Fitball exercise balls are the number-one burst-resistant ball on the market and are the most widely used. This Web site also offers other accessories, books, and videos from Ball Dynamics.
- ✓ [www.fitter1.com](http://www.fitter1.com): This site offers an array of exercise balls and videos that are “functional products for your active life.”  
Have kids? This site also includes a line of kid-friendly products that are fun and effective for teaching kids how to use the exercise ball.
- ✓ [www.power-systems.com](http://www.power-systems.com): On this site you find quality fitness equipment for athletes, personal trainers, and the general public. The site also offers training videos and programs to help you improve your skills for a variety of sports like basketball, soccer, football, and baseball.



- ✔ [www.resistaball.com](http://www.resistaball.com): This site offers fitness products, including a variety of different sizes of balls and videos by Body Masters and Resist-A-Ball. The site also offers training and certification courses for the exercise ball.
- ✔ [www.spriproducts.com](http://www.spriproducts.com): This site offers SPRI products that many trainers and fitness professionals use.

## Online Training

Online training is very popular these days and can save you time and money. At many of the online sites, for an average monthly fee of around \$30, you'll get a personalized program and tips from successful trainers, caloric calculations for your body type, menu planning and training logs to keep track of your progress. This way of training works great for people who don't have time to go to the gym or the money (which is a lot less than paying the average \$60 per session for a face-to-face personal trainer). You always want to consult your physician before beginning any new exercise program.

I recommend the following sites to find a program tailor-made for you to use on the ball:

- ✔ [www.workoutsforyou.com](http://www.workoutsforyou.com): At this site, you can choose a trainer for a personalized online fitness program that's geared for anyone from beginners to advanced exercisers. Featured as a *USA Today* hot site, Workouts for You offers a great range of information and programs for any individual's needs.
- ✔ [www.sportsspecific.com](http://www.sportsspecific.com): Here you can pick a personal trainer or fitness consultant for monthly guidance or sign up for a subscription to train online. This subscription includes unlimited e-mailing with your trainer, one phone call per week, and once-a-month tailored routines to use as your workout. When you log onto this site, you can choose from many different trainers that specialize in various areas, such as ball workouts, so take your time to look through the wide selection on this site before choosing.
- ✔ [www.traineronline.biz](http://www.traineronline.biz): This site offers an instruction manual to guide you through a training and nutrition program, along with the option to purchase instructor Tracey Brown's video, *Get on the Ball* (see the "Rehabilitative Guides and Resources" section later in this appendix). Tracey Brown is certified by the American College of Sports Medicine, which is the highest standard in health certification, and she developed the Exercise Rehabilitation Center for the Winestock Chiropractic Clinic in California. She specializes in ball training.

- ✔ [www.sissel-online.com](http://www.sissel-online.com): At this site, you find a list of ball exercises that come with instructions and step-by-step photos for each exercise.
- ✔ [www.exercise.about.com](http://www.exercise.about.com): Here you find information and articles on all forms of exercise in addition to ball-specific workouts.
- ✔ [www.resistaballeducation.com](http://www.resistaballeducation.com): At this site, you find core-training classes along with yoga on the ball, Pilates on the ball, and pregnancy workouts on the ball.

## DVD and Video

After you've mastered some of the ball exercises in this book, I suggest trying one of the following videos or DVDs. They're a fun way to add a little variety to your workout and learn some choreography along the way. Below are a few examples of some of the best videos available and who they're right for:



- ✔ **Cardio Fitball by Carol Soleway**: This video emphasizes a high-intensity, low-impact cardio workout on the ball.
- ✔ **Quick Fix Stability Ball Workout with Keli Roberts**: This DVD offers workouts on the ball that use weights and train your core. I don't recommend this one for beginners.
- ✔ **Using the Ball During Pregnancy by Carolyne Anthony**: This DVD is a 20-minute video that explains how to use the ball as a birthing ball; it also gives you exercises that you can use during and after pregnancy.
- ✔ **Karen Voight: B.L.T. — Butt, Legs and Tummy on the Ball**: This DVD offers a 25-minute program for toning the lower half of your body and your abdominal muscles.
- ✔ **On the Ball: Pilates Workout for Beginners with Lizbeth Garcia**: This workout strengthens the core and back muscles. Recommended for beginners and all levels.
- ✔ **Colleen Craig's On the Ball**: This video is a Pilates-based workout for beginners and all levels.
- ✔ **PowerSculpt For Men: The Complete Body Sculpting and Weight Training Workout Using the Exercise Ball**: This DVD comes with the book of the same name or is sold separately and contains a program for burning fat and building muscle using the exercise ball.

## More Books about the Ball

Rest assured, *Exercise Balls For Dummies* provides all you need to know to get a great workout on the ball. However, if you find that you're really into

working out with exercise balls, you may want to add some additional books to your library later on. The following is a list of books that I recommend for learning a variety of ball exercises and for incorporating different exercise techniques, such as yoga and Pilates, with the ball. I picked these books because they all have clear step-by-step instructions and photo illustrations that are easy to follow:

- ✔ ***The Great Bodyball Handbook* by Michael Jespersen (Productive Fitness Publishing):** This book is a 64-page quick reference guide to using the exercise ball or body ball.
- ✔ ***Swiss Ball* by Maureen Fleet (PRC Publishing):** This book offers an effective and safe program on the exercise ball for all levels.
- ✔ ***Pilates on the Ball* by Colleen Craig (Healing Arts Press):** This book combines Pilates exercises with the instability of the exercise ball and is good for people who have some previous experience or knowledge of Pilates exercises.
- ✔ ***Yoga on the Ball* by Carol Mitchell (Healing Arts Press):** This book combines yoga poses and stretching exercises with the ball to “enhance your yoga practice.”
- ✔ ***Bounce Your Body Beautiful* by Liz Applegate, PhD (Three Rivers Press):** This book combines heavy balls with the exercise ball to create an effective six-week training program.
- ✔ ***Abs on the Ball* by Colleen Craig (Healing Arts Press):** This book combines Pilates with abdominal exercises to strengthen your core muscles.
- ✔ ***Get on the Ball* by Lisa Westlake (Marlowe and Company):** This book presents exercises for training on the ball to strengthen your core and to develop a toned body for all levels.
- ✔ ***Kids On the Ball*, distributed by Fitball (Human Kinetics Publishers):** This book is a fun-filled, easy-to-follow program for kids to use on the ball that emphasizes rhythm, balance, and coordination.
- ✔ ***PowerSculpt: Women’s Body Sculpting and Weight Training Workout Using the Exercise Ball* by Paul Frediani (Healthy Living Books):** This book offers a 12-week program to flatten your abs and sculpt your body.
- ✔ ***PowerSculpt For Men: The Complete Body Sculpting and Weight Training Workout Using the Exercise Ball* by Paul Frediani (Healthy Living Books):** This book offers a full-body workout that burns fat and builds muscle for men using the exercise ball.

## Ball Kits

*Ball kits* are pre-packaged kits that you can find on many of the Web sites listed in this chapter or at your local sporting goods stores. These kits include everything you need to get started on the ball. Here's a breakdown of what these kits have to offer and a few that I feel are the most effective.

### For beginners

Following are a couple kits that I recommend when you're just starting out on the ball. Both kits include an exercise ball as well as everything else you'll need to get a great workout:

- ✔ **Great Bodyball Kit:** This kit includes an adjustable 55 cm to 65 cm exercise ball, air pump, and the *Great Bodyball* handbook for \$34.45. The Great Bodyball kit teaches you strengthening and toning exercises on the ball for in-home use. Recommended for beginners.
- ✔ **Total Body Sculpting Solution:** This kit includes an exercise ball, air pump, and *Total Body Sculpting* video for \$43.99. The Total Body Sculpting Solution teaches you to shape and tone your entire body. Recommended for beginners.

### For all levels

Following are a few kits that are for more advanced exercisers or those that have some experience on the ball. They work more like a total body-training system because they come with everything you'll need to do a choreographed workout.

- ✔ **Pilates on the Ball Kit:** This kit includes an exercise ball, the *Balance on the Ball* book, and a yoga mat for \$56.99. The Pilates on the Ball kit teaches you to combine the principles of Pilates with the instability of the exercise ball. Recommended for all levels.
- ✔ **The Best Abs, Back and Buns Solution:** This kit includes an adjustable 55 cm to 65 cm exercise ball, air pump, and video for \$29.99. The Best Abs, Back and Buns Solution helps trim and tone your abs, thighs, and butt in one session. Recommended for all levels.
- ✔ **The Ball and Band Top to Bottom Solution:** This kit includes an adjustable 55 cm to 65 cm exercise ball, air pump, Body Trends fitness tube, and the *Top to Bottom Toning* video for \$54.99. The Ball and Band Top to Bottom Solution teaches flexibility, resistance, and interval training using both the exercise ball and resistance tube. Recommended for all levels.

## Rehabilitative Guides and Resources

If you're like many people, you may have started using the exercise ball as part of a rehabilitation program for a recent injury or surgery. This section lists some of the best books, videos, and Web sites that I've found for rehabilitating injuries.

### Books

The following are a few books that are excellent choices for using different types of exercise programs to rehabilitate injuries and speed recovery after surgery.

- ✔ **ProBodX by Dr. Edythe Hues (Harper Resource):** ProBodX (known as Proper Body Exercise) is co-authored by Dr. Hues, a nationally known chiropractor who trains many professional and Olympic athletes with exercise ball training to overcome injuries.
- ✔ **Heal Your Knees by Robert Klapper, MD and Lynda Huey (M. Evans):** This book gives a complete land-and-water program to help you avoid knee surgery or to recover from it quickly when you have had it.
- ✔ **Heal Your Hips by Robert Klapper, MD and Lynda Huey (Wiley):** This book gives a complete pool program in deep and shallow water plus a land program for any kind of hip injury.
- ✔ **Back in Shape – A Back Owner's Manual by Steven H. Hochschuler, M.D.:** This book covers the causes of back pain and offers solutions.

### Web sites

Here are a few Web sites I recommend for tips and products that can help you recover faster and give you valuable information on reducing pain and stress through exercise.

- ✔ [www.fitter1.com](http://www.fitter1.com): This online company, based out of Canada, offers an array of rehabilitative products and videos that are therapeutic for all types of injuries.
- ✔ [www.spine-health.com](http://www.spine-health.com): This Web site offers solutions for back pain and spinal health information.

- ✔ [www.backbenimble.com](http://www.backbenimble.com): Yahoo voted this Web site the number-one online back store. The store contains products and information to help reduce back pain, neck pain, and stress.

## Videos

I recommend the following videos for using the ball to rehabilitate injuries and speed recovery. They're also easy on the spine and great for strengthening your core:

- ✔ ***Fitball: The Balance Workout*** by personal trainers **Joanne Posner-Mayer and Lindsay Zappala**: This video is for post-rehab workouts and is geared toward recovering patients. It uses a total body routine for strengthening joint and spinal mobility.
- ✔ ***Paul Chek's Swiss Ball Exercises***: This video is by exercise and spine-care specialist Paul Chek, who guides you through effective exercises that help target and rehabilitate injuries.
- ✔ ***Get On the Ball*** by **Tracey Brown**: This video, endorsed by chiropractor Dr. Ralph Winestock, presents an effective home-care system for recapturing true body core muscle strength.