

The Omni Resistance Ball (O.R.B)
(Patent Pending)

The Stability Ball is now a very popular tool within every aspect of exercise from rehabilitation to functional training in athletic settings. The effectiveness and versatility in developing core strength, stability and balance is unrivaled. Various exercises have been designed in the fitness world for use with the stability ball.

Exercise tubing is also another tremendously efficient and effective tool within the fitness and rehabilitation world. It is excellent to use in an integrated program along with traditional resistance. It gives us limitless variations and different vectors from which resistance can be organized.

The Omni Resistance Ball (O.R.B.) was designed to combine these 2 very effective tools. This allows for new, limitless variations of traditional exercises as well as being able to design some totally new ways to perform movements with resistance.

The O.R.B. weighs more than a regular stability ball (approximately 14 lbs.) allowing this multipurpose piece of equipment to also be used as a medicine ball. The tubing can also be used without the ball and will provide up to 120lbs. of resistance in each handle.

The O.R.B. can be used within all populations very safely and effectively. Goals ranging from improved fitness and athletic performance to rehabilitation and injury prevention can be attained.

Notes:

All exercises utilizing The O.R.B. require competence with a stability ball.

Included with The O.R.B. are 2 each of the following:

- (1) Purple Tubing – Light (Lifeline tubing level 2)
- (2) Magenta Tubing – Medium (Lifeline tubing level 4)
- (3) Red Tubing – Heavy (Lifeline tubing level 6)

Selecting what color of tube or what combination of tubing is as easy as selecting a dumbbell for exercise. Simply add appropriate tubing to achieve desired resistance. The demand of each exercise can also be increased or decreased by changing the attachment point of the tubing.

Before starting an exercise check the tubing for frays or splits. If you notice anything not uniform replace the tubing immediately. Similarly check the attachment points on the ball for splitting.

Always exercise with a shirt and in a dry area to avoid slipping off the ball and risking injury.



Consult your physician before embarking on any exercise program.



Wall Slides

- Place The O.R.B. just above belt line.
- Start with feet 12-14 inches in front of The O.R.B.
- Perform a squat

Wall Slides and Press (Adv.)



- Repeat Wall Slide Steps
- At the bottom of the squat press out in front of chest

Rowing

- Place The O.R.B. on the floor up against a wall.
- Place the left hand and left knee on The O.R.B.
- Roll the ball to right until slack is taken up in the tubing
- With right hand perform rowing motion



Rowing (Adv.)

- Pull the O.R.B. away from the wall and perform same exercise.



Shoulder Press



- Start sitting on The O.R.B., the valve should be pointing towards the floor
- Start with tubing at shoulder level
- Perform an overhead pressing motion



Shoulder Rotational Press (Adv.)

- Before performing the pressing motion rotate body to the left
- After rotating perform a pressing motion with the right hand
- Repeat in opposing direction using the opposite hand

Back Extension

- Start in a prone position, abdominal wall resting on top of The O.R.B.
- While holding the tubing arms should be flexed and palms held at shoulders
- Tubing should be on the outside of arms
- Raise upper body away from floor



Back Extension and Rotate (Adv.)

- When raising the upper body twist and rotate towards one shoulder, lower and then repeat to opposing side



Fly

- Start in a seated position on The O.R.B.
- The valve should be pointing in between legs toward ceiling
- Tubing should be attached opposite each other towards right and left of valve
- Roll forward on The O.R.B. into a supine position
- Shoulder blade and head should be resting on The O.R.B.
- Keeping hips level perform a fly





Incline Fly's (Adv.)

-To perform an incline fly, start in same position but drop hips toward floor

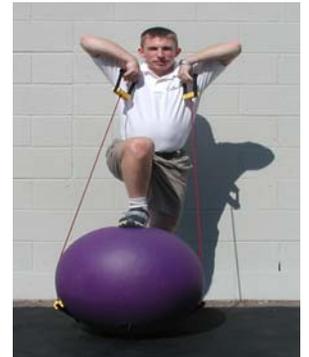
Seated Upright Row

- Start sitting on The O.R.B.
- Valve should be pointing towards floor
- Tubing should cross over and pass between legs
- Pull towards chin, elbows pointing towards ceiling



Standing Upright Row (Adv.)

- Start standing behind The O.R.B.
- Valve again should be pointing to the floor
- Place foot on top of The O.R.B.
- Again pull tubing towards chin keeping elbows pointing up, and making sure you are pressing into the ball with your foot



Chest Press

- Tubing should be attached opposite each other towards right and left of valve
- Roll forward on The O.R.B. into a supine position
- Shoulder blade and head should be resting on The O.R.B.
- Press both arms above chest





Single Arm Chest Press (Adv.)

-Press only one arm above chest, as lowering press with opposite arm

Hip Lift

- Lay in supine position on floor*
- Heels placed on The O.R.B.*
- Legs Straight*
- Arms placed at shoulder level, tubing passes underneath arms*
- Lift hips away from floor, making sure heels stay pressed in against The O.R.B.*



Hip Lift w/ Leg Curl (Adv.)

-With hips lifted pull The O.R.B. towards buttocks



Ab Crunch

- Valve should be pointed towards floor*
- Lay in Supine Position on The O.R.B.*
- Arms should be flexed and palms turned towards floor at shoulders*
- Raise chest towards ceiling*





Ab Crunch and Punch (Adv.)

- As before but instead of arms flexed and at shoulder level, should be in a chest press position
- Crunch up and while crunching punch across body with left arm
- Lower down and then repeat with opposing arm

Diagonal Chop

- Same supine position now hands are over one shoulder
- Crunch up and pull tubing across the body in a diagonal motion.



Single Leg Shoulder Press (Adv.)

- Begin by standing on one leg with knee slightly flexed and opposite foot on The O.R.B.; hands are at shoulders
- Extend arms overhead in a slightly forward motion, maintaining balance and body position

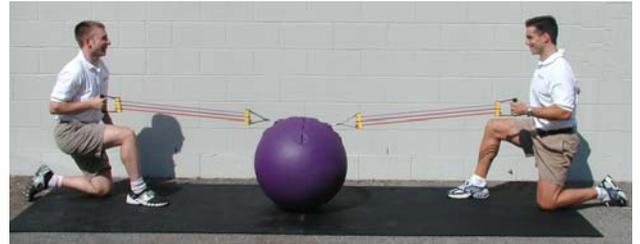
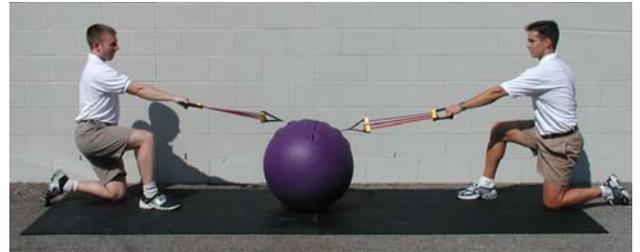
Side Rotation



- Balance on ball with handles extended over midsection, feet firmly on ground, attach tubing near base.
- Turn to one side allowing arms to fold as you rotate
- Return to start and rotate torso to opposite side or continue directly to other side.

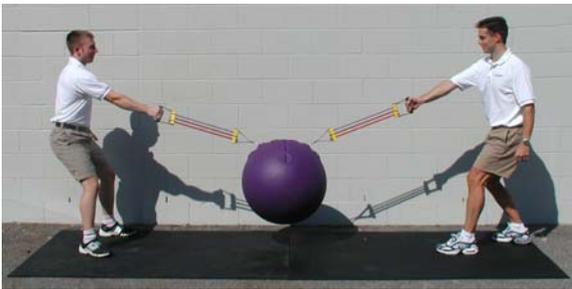
Partner Row

- With valve up, start with one knee on ground and handle in one hand with tubing attached near top of The O.R.B.
- Each person will then pull the handle to their torso.
- Same arm / same knee or opposite arm / opposite knee are both acceptable options.



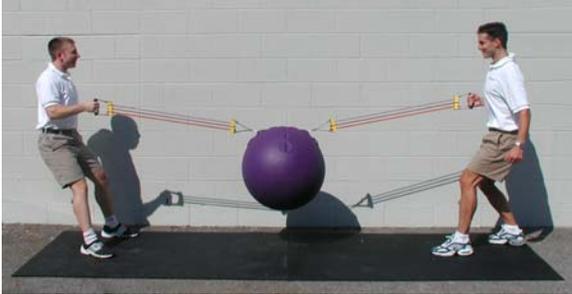
Partner PNF

- Start in same positions as partner row
- One partner will pull, while other partner is stretched
- Repeat with opposite partner pulling to and upright position.



Standing Partner Row

- Begin in upright position with either staggered or parallel stance. Ball should be hanging between partners with little tension on tubing.
- Each partner should then pull tubing to their torso.
- Return to start and repeat



Standing PNF (Adv.)

- Partners can assume either a staggered or parallel stance to start
- One partner pulls, other partner is pulled, repeat with opposite partner pulling
- Moving feet during the pull is more advanced way to do the exercise.

