



## THE BOOK

*Fitness Ball Drills* is a user-friendly exercise guide for achieving a stronger, leaner and more flexible body. The Fitness Ball (or Swiss Ball) has been designed specifically for the demands of rigorous exercise. Today, it is one of the most utilized pieces of gym and fitness equipment used throughout the world to tone, stretch and strengthen the whole body. It is widely used by individuals involved in exercise, sports, personal training and rehabilitation, as well as Pilates, yoga and group exercise classes.

Body Coach Paul Collins provides step-by-step instruction to improve posture, balance, coordination, strength and flexibility. More than 50 exercises that can easily be carried out at home or in the gym are illustrated. These exercises are ideal for athletes and amateur fitness enthusiasts alike. *Fitness Ball Drills* also includes a series of fitness ball routines for the whole body with special attention given to the abdominal and lower back regions.

## THE AUTHOR

As a leader in the field of personal fitness, back care and weight loss, Paul Collins, Australia's Personal Trainer™, has successfully combined a sports fitness background with a degree in physical education and an international certification as a strength and conditioning coach, personal trainer, first aid officer and sports coach.

Collins is creator of The Body Coach® exercise products and educational programs. Coaching since the age of 14, he is now an award-winning personal trainer with more than 20 years coaching experience. His clients are world-class athletes including national Olympians and Paralympic World Champions and TV stars.



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THE BODY COACH

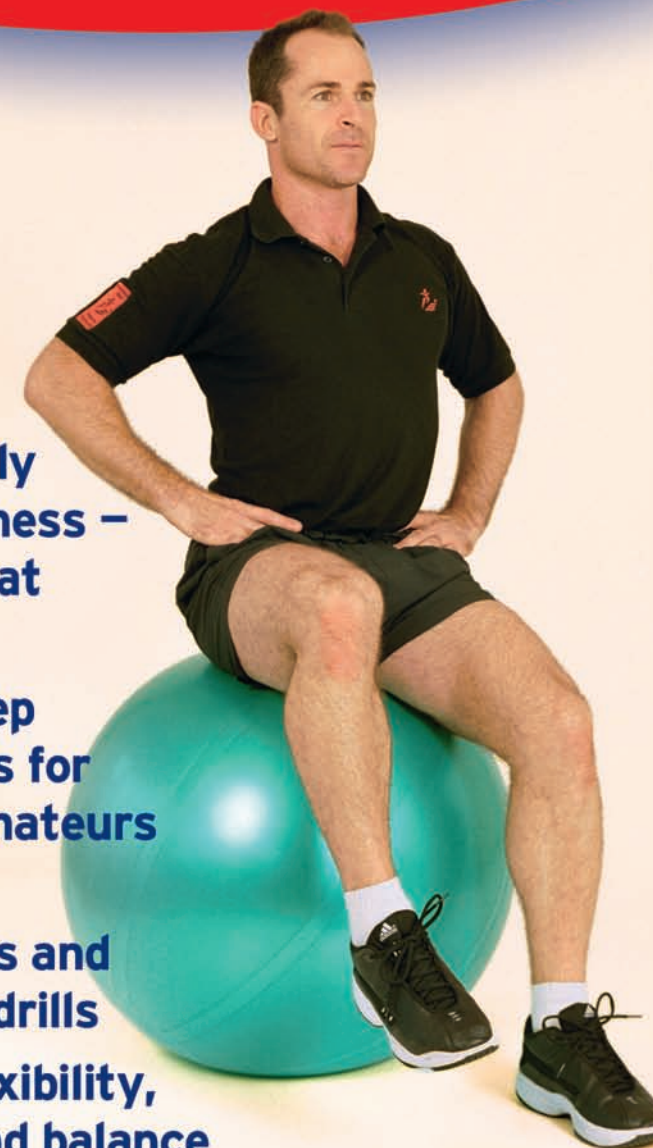
Fitness Ball DRILLS

PAUL COLLINS

# THE BODY COACH

# Fitness Ball DRILLS

- User-friendly guide to fitness – at home or at the gym
- Step-by-step instructions for pros and amateurs alike
- Includes abs and lower back drills
- Improve flexibility, strength and balance



## PAUL COLLINS



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## Fitness Ball Drills

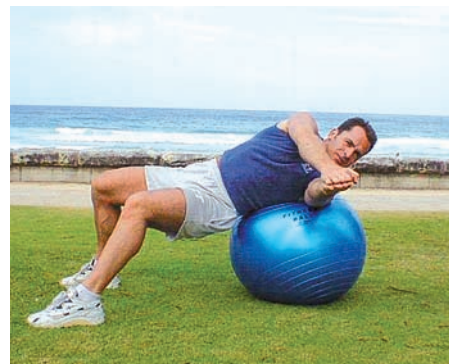
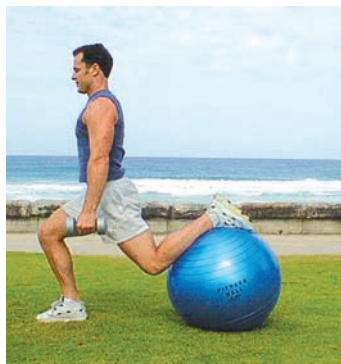
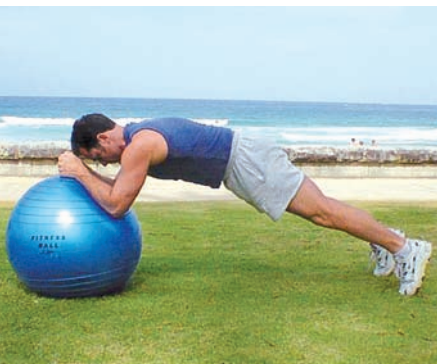


The Body Coach Series

# Fitness Ball Drills

**Get Fit on the Ball with  
Australia's Body Coach®**

Paul Collins



Meyer & Meyer Sports

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# Introduction

## Welcome!

Throughout our lives we learn a series of fundamental motor skills using balls of different sizes and shapes to help improve our balance, co-ordination, rhythm and timing. One ball in particular, the Fitness Ball (or Swiss Ball) – a large, round, lightweight exercise ball with anti-burst qualities – has been designed specifically for the demands of exercising.

Today, it is one of the most utilised pieces of gym and fitness equipment used throughout the world to tone, stretch and strengthen the whole body. The Fitness Ball is widely used by individuals involved in exercise, sports, personal training and rehabilitation as well as Pilates, Yoga and group exercise classes.

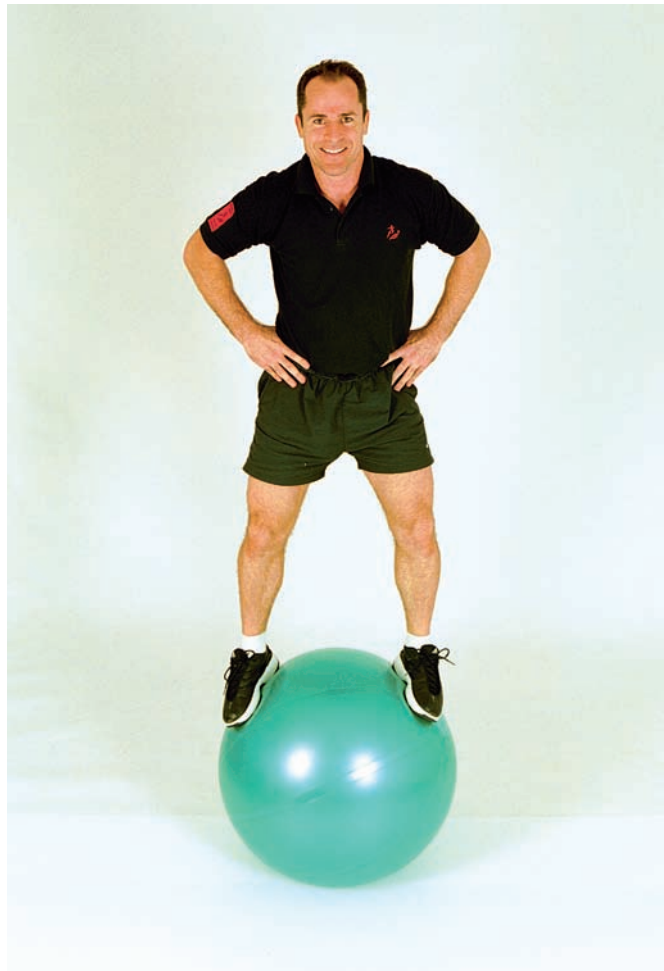
*The Body Coach: Fitness Ball Drills* provides a total body workout to help tone, strengthen and reshape your abdomen, arms, back, chest, buttocks and legs using a Fitness Ball. Unlike conventional exercise programs, *Fitness Ball Drills* allows you to gain strength and improve posture, balance, co-ordination and stability all at the same time. When exercising on a Fitness Ball your muscles contract in a manner that promotes body awareness and core-strength gains. You can workout just about anywhere on the ball: at home, on the job or at the gym.

Throughout this book you will find a series of exercises that target specific muscle groups. It is recommended that all exercises be learnt and supervised whilst under the guidance of a qualified fitness professional or physiotherapist and after gaining your doctor's approval and recommendations.



At the end of the book I have compiled a number of Fitness Ball exercise sample training routines that combine exercises together. More importantly, you now have an exercise reference guide on the ball showing the basic fundamentals that will help strengthen your whole body. I look forward to working with you!

**Paul Collins**  
**The Body Coach®**



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## About the Author

Paul Collins is an Award-winning Personal Trainer in Australia, a prolific author on fitness and weight loss topics and General Manager of the 'Australian Academy of Sport and Fitness', an International College in Sydney, Australia, specifically for overseas students wishing to study and obtain Fitness and Personal Training qualifications. His trademark coaching has been pioneered from a remarkable recovery from a chronic lower back injury, without drugs or surgery – inspiring thousands of people through appearances on TV, Radio and print media.



Coaching since age 14, Paul has personally trained world-class athletes and teams in a variety of sports, e.g., athletics, rugby, soccer, squash, tennis and many others including members of the Australian Olympic and Paralympic Swimming Teams. He is also a key presenter to the Australian Track and Field Coaching Association, Australian Swimming Coaches and Teachers Association, NSW Squash Academy and the Australian Fitness Industry.

Paul is an outstanding athlete in his own right, having played grade level in the national rugby league competition. He is also a former Australian Budokan Karate Champion, A-grade Squash player and NSW Masters Athletics Track & Field State Champion. As a leader in the field of personal fitness and weight loss, Paul has successfully combined a sports fitness background with Bachelor of Physical Education degree and international certification as a Strength and Conditioning Coach and Personal Trainer. As designer of *The Body Coach* book series, exercise products and educational programs, Paul travels internationally to present a highly entertaining series of Corporate Health & Wellbeing Seminars and exclusive Five-star Personal Training for VIPs.



To learn more visit: [www.thebodycoach.com](http://www.thebodycoach.com)



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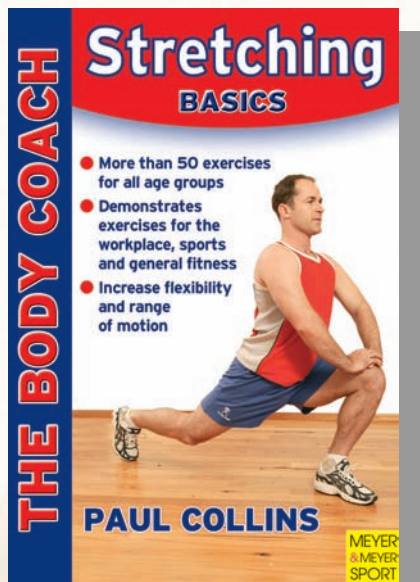
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Paul Collins

## STRETCHING BASICS

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200 color photos  
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6<sup>1</sup>/<sub>2</sub>" x 9<sup>1</sup>/<sub>4</sub>" (16,5 x 24 cm)  
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- Stretching Basics is a user-friendly exercise guide for achieving a more supple and flexible body using your own body as resistance
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