






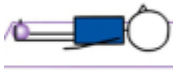


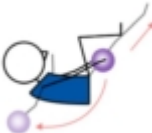
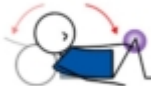
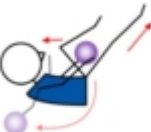




15 Minute Mini Ball Workout: Teaser

 <p>Child Mini Ball</p>	 <p>Coordination Mini Ball</p>	 <p>Coordination Twist Mini Ball</p>	 <p>Half Rollbacks Mini Ball</p>	 <p>Rollbacks Mini Ball</p>	 <p>Hip Lifts Mini Ball</p>
 <p>Adductor Squeeze I Mini Ball</p>	 <p>Adductor Squeeze II Mini Ball</p>	 <p>Side Leg Circles Mini Ball</p>	 <p>Side Leg Lift Mini Ball</p>	 <p>Knee Stretch Mini Ball</p>	 <p>Single Arm Cross Mini Ball</p>
 <p>Single Knee Stretch Mini Ball</p>	 <p>Teaser Prep Mini Ball</p>	 <p>Teaser I Mini Ball</p>			

Lesson Plan Description:

There are 15 Mini Ball exercises in this workout. You have 3 options.

Option 1: Spend one minute per exercise to make up a 15-minute routine.

Option 2: Go as quick or slow as you like through the exercises for 15 minutes.

Option 3: Repeat the routine if you want a 30, 45 or 60-minute workout.

Pilates equipment is not always convenient or affordable. Pilates Matwork can produce core stability and flexibility benefits. The only negative is that it lacks the challenge of resistance and positioning produced by Pilates equipment.

Even though the Mini Ball is not traditional Pilates equipment, it's a convenient and economical way to mimic the resistance and positioning created by the equipment. A simple Pilates mat routine using a Mini Ball can have a greater effect on the core.

The following Mini Ball exercises Specifically target core musculature and encourage both stability and flexibility—all while using a portable and inexpensive piece of equipment. The ball should be less than fully inflated so that it compresses during the exercises. For some of these exercises, a Foam Roller may be used in place of the ball.

You can create lesson plans like this using the [Genie Lesson Planner](#)