

Bender Ball meets Gliding

With Leslee Bender

www.bendertraining.com

2 powerful products=great results



Leslee Bender



- Leslee Bender is the founder and creator of the Bender Method™ of Training
- With over 25 years of international fitness experience, Leslee has presented throughout the world, providing unique and progressive methods in all forms of fitness training

Bender Method™ of Training

- devoted herself to researching and creating a systematic and effective approach to traditional core training utilizing the Bender Ball™
- This program is unique in that it starts with the fundamentals and teaches you to become a Over the last 8 years, Leslee Bender has critical thinking instructor
- Each exercise has been analyzed and designed to be functionally safe for today's general population
- The Bender Method™ has been documented and recorded with the Journal of Applied Research

Journal of Applied Research

- Utilizing the Bender Ball™ will generate 4 times the work in an abdominal crunch per second of exercise
- The degree from flexion to extension was increased from 50 to 90 degrees which can not be accomplished with standard floor crunches or with a Swiss Ball due to its larger diameter and size, thereby giving the Bender Ball a significant advantage in working the muscles harder and at a better range of motion
- www.jrnlappliedresearch.com



Safety principles of Gliding And Bender Ball

- Always place the ball of the foot on the disc, not the entire foot
- Always stabilize before you mobilize
- Move with control first before picking up your speed
- Have purpose to your movement
- Use the Ball to protect the spine
- Use the Ball to create core stability

Standing balance



- Balance abduction
- Balance ankle tap



Standing warm-up



- Adduction-abduction
- Skater
- lunge

Prone gliding stabilization

- Knee pull to plank
- Spine curl to spine extension



Seated core Gliding-Bender ball



- Roll back
- Alternating leg pulls
- Double leg pulls

Supine Gliding



- Leg slide
- Bridge single leg slide
- Bridge double leg slide

Bender Ball stretches



- Hamstring and low back stretch
- Hip flexor stretch
- bicycle

Sample class format

- Standing balance and squats with Bender ball
- Standing lunges, adduction, Gliding
- Hands and knees to prone Gliding and Bender Ball
- ½ roll back with variations Gliding and Bender Ball
- Side plank with Bender Ball and Gliding
- Bridging with Bender Ball and Gliding
- Stretches with Bender Ball
- Side lying abduction with Bender Ball
- Mermaid stretch with Gliding