

Fitness For Polo: An In-Depth Guide to Fitball Exercises for Equestrian Athletes

Polo, a thrilling equestrian sport, demands a high level of physical fitness and agility. Polo players require excellent balance, coordination, and core strength to excel on the field. Incorporating fitball exercises into a training regimen can significantly enhance these crucial attributes.



Fitness for Polo - FitBall Exercise Guide (Fitness for Polo Series Book 2) by Martin Perez

★★★★★ 5 out of 5

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What is a Fitball?

A fitball, also known as an exercise ball or Swiss ball, is an inflatable ball made of durable, anti-burst material. It is designed to provide a stable and dynamic surface for various exercises.

Benefits of Fitball Exercises for Polo Players

- **Enhanced Balance:** Fitball exercises challenge stability and force players to engage their core muscles to maintain equilibrium.

- **Improved Coordination:** Balancing on a fitball requires precise coordination between different muscle groups.
- **Stronger Core:** Fitball exercises target the abdominal and back muscles, developing a strong and stable core.

li>**Increased flexibility:** Fitball exercises can help improve flexibility in the hips, back, and shoulders.

Fitball Exercises for Polo Players

Here are some effective fitball exercises that polo players can incorporate into their training programs:

1. Fitball Planks



1. Place your forearms on the fitball, shoulder-width apart.
2. Extend your legs out behind you, forming a straight line from head to heels.
3. Hold the position for 30-60 seconds, engaging your core and keeping your back flat.

2. Fitball Squats



1. Stand with your feet hip-width apart, facing the fitball.
2. Lower your body by sitting back into the fitball.
3. Keep your chest up and your knees behind your toes.
4. Return to the starting position and repeat for 10-15 repetitions.

3. Fitball Hamstring Curls



1. Lie on your back with your feet on the fitball.
2. Raise your hips off the ground and curl the fitball toward your glutes.
3. Lower your hips back down and repeat for 10-15 repetitions.

4. Fitball Push-Ups



1. Place your hands on the fitball, shoulder-width apart.
2. Step back until your body forms a straight line from head to heels.
3. Lower your chest toward the fitball by bending your elbows.
4. Push back up to the starting position and repeat for 10-15 repetitions.

5. Fitball Russian Twists



1. Sit on the fitball with your feet on the ground.
2. Lean back slightly and hold your hands together in front of your chest.
3. Twist your torso to the right, then to the left, keeping your core engaged.
4. Repeat for 15-20 repetitions.

Incorporating Fitball Exercises into a Training Program

To effectively incorporate fitball exercises into a training program, consider the following guidelines:

- Start gradually and progress slowly to avoid muscle soreness.
- Perform fitball exercises 2-3 times per week.
- Choose exercises that target your specific areas of improvement.
- Use a fitball that is appropriately sized for your height and fitness level.

Fitball exercises are a valuable addition to any polo player's training regimen. By enhancing balance, coordination, and core strength, these exercises can significantly improve performance on the field. By incorporating the exercises outlined in this guide into your training program, you will develop the physical attributes necessary to excel in the demanding sport of polo.



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