

# Fitness For Polo: Boost Your Game with Fitball Exercises

Polo is a sport that requires speed, endurance, and strength. To excel in this game, players must invest time and effort into their fitness routine. One effective way to improve your overall fitness for polo is by incorporating fitball exercises into your training regimen. Fitball exercises are popular among athletes because they help in improving balance, stability, and core strength.

## What is a Fitball?

Fitball, also known as an exercise or stability ball, is an inflatable ball made of soft elastic material. It is specifically designed to engage muscles throughout the body and enhance overall fitness levels. Fitball exercises are suitable for people of all ages and fitness levels as they provide a low-impact workout that is gentle on the joints.

## The Benefits of Fitball Exercises

Fitball exercises offer various benefits that are particularly advantageous for polo players. Here are some key benefits of incorporating fitball exercises into your fitness routine:



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

★★★★★ 5 out of 5

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File size : 4550 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 20 pages  
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- **Better Balance:** Fitball exercises engage the stabilizing muscles, helping to improve balance and coordination. This is crucial for maintaining a correct posture while riding and executing polo movements.
- **Improved Core Strength:** Polo players need a strong core to maintain stability and generate power for hitting the ball. Fitball exercises target the core muscles, such as the abdominals and lower back, helping to enhance core strength and stability.
- **Injury Prevention:** Fitball exercises promote joint stability and flexibility, reducing the risk of injuries on the field. Strengthening the muscles around the joints can help prevent strains and sprains.
- **Increased Stamina:** Fitball exercises challenge your endurance by engaging multiple muscle groups simultaneously. This helps improve your cardiovascular fitness, enabling you to perform better during long polo matches.

## Fitball Exercises for Polo Players

Now that you understand the benefits of fitball exercises, let's explore some specific exercises that can improve your fitness for polo:

### 1. Fitball Plank

The fitball plank is a challenging exercise that targets your core muscles. To perform this exercise, start by placing your elbows on the fitball and extend your legs straight, supporting your body weight on your toes. Hold the position for 30 seconds to 1 minute, focusing on maintaining proper form and engaging your abs throughout.



## **2. Fitball Russian Twist**

The fitball Russian twist is an excellent exercise for improving rotational strength and stability. Sit on the fitball with your feet planted firmly on the ground. Lean back slightly until you feel your core engaged. Hold a weight or medicine ball in front of you and rotate your torso from side to side, keeping your abs tight and your back straight.



### **3. Fitball Squat**

The fitball squat targets your lower body and helps improve leg strength and stability. Stand in front of the fitball with your feet shoulder-width apart. Hold the fitball at chest level and lower yourself into a squat position, keeping your back straight and your weight on your heels. Push through your heels to return to the starting position.



#### **4. Fitball Back Extension**

The fitball back extension is a great exercise for strengthening your lower back and improving posture. Lie on your stomach on the fitball with your feet against a wall for support. Place your hands behind your head or across your chest. Lift your chest and upper body off the fitball, engaging your lower back muscles. Lower yourself back down and repeat.



Incorporate these fitball exercises into your regular training routine to enhance your fitness for polo. Remember to start with light weights and gradually increase the intensity as you become more comfortable and confident in performing the exercises.

Fitness is a crucial aspect of being successful in polo. Fitball exercises offer numerous benefits that can help polo players improve their balance, core strength, prevent injuries, and increase stamina. By incorporating the fitball exercises discussed in this guide into your training routine, you will be on your way to enhancing your fitness levels and boosting your game on the polo field.

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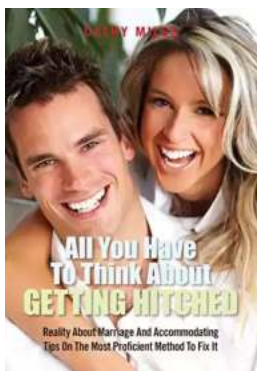




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This is the second eBook in the Fitness for Polo series, chock-a-block full of exercises designed specifically for polo by physical coach for polo players Martín Perez. This book will guide you through exercises using the FitBall, an element that will help you to target those key areas most in need of strengthening for polo. Great exercises to add to or kick start your workout routine and help you to become a healthier and stronger polo player.



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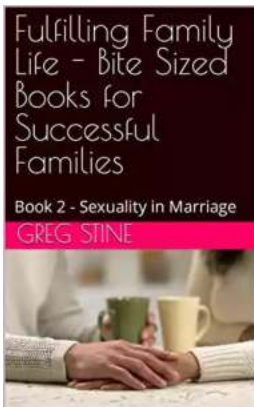
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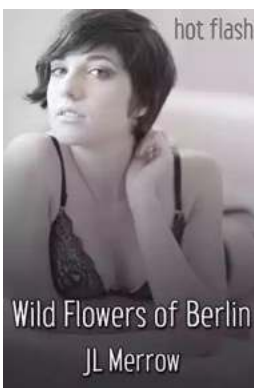
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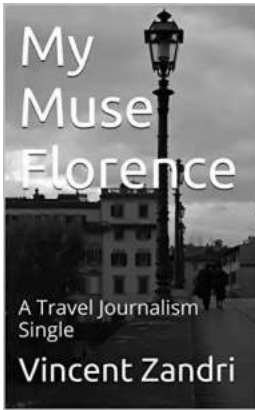
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