

# Exercise Dome

Item # 17711



- **Overview.** All-in-one, versatile exercise tool! Use it dome-side-up for cardio, lower body strength or core moves. Turn it over and use the platform side for push-ups, planks, etc. Includes dual strength cords that attach to either side of the dome for even greater variety and more fitness options including bicep curls, shoulder presses and more. The textured surface and molded base keep you in position for proper form. The Exercise Dome measures 25"-dia. platform and 25"H when inflated. It supports up to 350 lbs. An instruction guide and a hand pump are included with this product.
- **What Are the Educational Applications?**
  - Simultaneously helps to develop movement skills, resistance training and balance.
  - Balancing skills are important components at every level in physical education. When teaching these types of activities, weight transfer and center of gravity should be important points for discussion. These basic concepts are also applied in a variety of sport related settings. Having a sense of one's body and understanding how to manipulate it with various pieces of equipment at varied levels is essential to any program.
  - Strength training, when done properly, can increase students' muscle strength and endurance, improve self-esteem, improve performance in nearly any sport or physical activity, help protect muscles and joints from injury, strengthen bones, help promote healthy blood pressure and cholesterol levels, boost metabolism and help students maintain a healthy weight.
  - The Exercise Dome helps students develop kinesthetic awareness, which is how the body is positioned at any given moment. This is a skill that often declines as students age if it is not practiced. It also aids with proprioception, which is how your body responds to external forces to keep joints in the correct position. All muscles are forced to contract to keep joints in proper alignment when standing.
  - Can be used in non-sport settings.
  - Allows individual development in a group activity session.
  - Easy to incorporate as a differentiated instruction tool.
- **How Can I Use This Product With My Students?**
  - **Where:** Can be used indoors or outdoors as long as there is a flat surface.
  - **Age:** Can be used with various ages and skill levels.
  - **Group Size:** One person per exercise dome.
  - **Basic Skills Needed:**
    - Prior to using the Exercise Dome, teachers should teach the correct form for various movements.
    - Practice movements on the floor prior to using the Exercise Dome.
- **Set Up/Instructions:**
  - Make sure the Exercise Dome is placed on a flat, even surface.
  - Prior to use, place a panel mat underneath the Exercise Dome.
  - Spread the Exercise Domes apart from each other when they are being used.
  - Only one student should be on an Exercise Dome at a time.
  - Vary the difficulty level of kinesthetic exercises appropriate to each student's level.
  - Check the strength cord/ resistance band for holes or worn spots before each use.
  - Wear comfortable, supportive athletic sneakers, not sandals or dress shoes, when using the Exercise Dome.
  - Maintain good posture throughout each exercise. When appropriate, keep knees slightly bent, abdominal muscles pulled in and chest expanded.
  - Use resistance bands with taller, older students, and adjust resistance to the individual student's level of development.

## The Games/Activities

### • **Activity #1: Step Ups**

- a. Objective: Keeping the dome side up, this product can be used in place of a step for step aerobics.
- b. Set Up: When doing step aerobics, make sure the students keep their heads up, shoulders down and back, chest up, abdominals lightly contracted and buttocks gently tucked under the hips. The knees and back should remain loose to avoid hyperextension at any time.
- c. How to Play: When stepping up, lean from the ankles and not the waist to avoid putting unnecessary stress on the back. The entire sole of the foot should make contact with the Exercise Dome. Do not allow students to let their heels hang off the edge. Step off close to the Exercise Dome and allow the heels to touch the floor.
- d. Extensions: To increase the degree of difficulty, add arm movements, however, make sure footwork has been mastered first. Avoid using the arms at or above shoulder level for an extended period of time, because this can put too much stress on the upper body. Make sure to vary the height of their arm range. Some sample moves are:
  - **Heel Digs** - Stand in front of the Exercise Dome and put one heel on the dome. Return to the floor and repeat with the other foot, moving as quickly as you can and allowing the heel to bounce off the dome. To increase difficulty, add a jump and switch the feet in the air. Repeat movement alternating feet for about 30 seconds to a minute.
  - **Push Step** - From the Heel Digs, step one foot on top of the dome, push back and repeat with the other foot, moving as quickly as possible while keeping body control. Increase difficulty by bending into a lunge, or add a hop as you push off the dome.

### • **Activity #2: Exercises While Standing on the Dome**

- a. Objective: To achieve balance skills.
- b. Exercises:
  - **Basic Stance** - Stand with both feet on the dome, placed shoulder width apart. While in the standing position, the body will work to find balance with the feet moving and torso contracting.
    - Add more difficulty by raising the arms overhead, closing the eyes or trying to keep the lower body stationary while using the strength cords.
  - **Compressions** - From the Basic Stance, shift your weight from foot to foot using your arms for balance, and keeping the shoulders and hips straight.
    - To add difficulty, march or run on top of the dome.
    - Add the strength cords to increase the degree of difficulty. Repeat the exercise for no longer than a minute, then step off the dome and march in place to rest.
  - **Squats** - Stand on the dome with feet slightly forward of center. Bend your knees and squat, as though you're sitting back in a chair. Keep your back straight, torso up and extend the arms out to assist in keeping balance. Lower your body until you reach the 90 degree (chair sitting) position, and return to the standing position. Repeat for 8-16 reps.
  - **Waist Twists** - Start in Basic Stance. Keeping the lower body still, twist at the waist in one direction so that one shoulder moves forward toward your midline. Repeat in the opposite direction. To maintain balance, move the hands in a slow natural swing with your body movement.
  - **Single Leg Balance Knee Up** - Start in Basic Stance then maintain balance on one leg (dome leg) and slowly lift the other leg (up leg) by bending the knee upward and balancing on the dome leg. Do not lift the knee above waist height. When ready to rest, carefully place up leg back on the dome and repeat, alternately switching the legs.
  - **Single Leg Balance Side Raise** - Start in Basic Stance, then maintain balance on one leg (dome leg) while slightly bending to comfort, slowly extend the other leg (out leg) out to the side away from the dome. The "out leg" should make a diagonal line from the hip to the toe and should not be more than a foot away from the dome. When ready to rest, carefully place the "up leg" back on the dome and repeat, alternately switching legs.

### • **Activity #3: Abdominal Exercises**

- a. Objective: Working the abs.
- b. Exercises:
  - **Basic Crunch** - Sit on the dome with your hips towards the bottom of the dome with your knees bent. With your hands behind your head or across the chest, roll back until you feel a stretch in the abs. Then contract the abs and curl up. Repeat for 8-16 reps. Note: You may need to shift your position to find a spot that works for you.

- **V-Sit** - Sit in the center of the dome, or slightly forward on the dome with hands holding on either side for support. Lift the legs with the knees bent and balance, while keeping the torso straight, the shoulders relaxed and the abs engaged. Hold for 20-30 seconds.
  - Add more difficulty by taking the hands away, straightening the legs or adding a lower leg crunch.



#### •Activity #4: Dome Side Down

a. **Objective:** To strengthen the upper body and core.

b. **Exercises:**

- **Plank** - With the dome side down, get into a push-up position or modified push-up position, with hands on either side of the platform. Hold this position keeping a straight line from head to heels and keeping the abs contracted. Hold this position for 20 to 60 seconds.
- **Tilts** - From the Plank position, keep the arms straight and the body in alignment as you rock the Balance dome forward and back for 8 to 10 reps. Rest and repeat for 1 to 3 sets. Add side tilts as well for a more difficult challenge.
- **Hamstring Tilts** - Turn the Balance Dome over, dome-side down, and lie down, placing the feet in the center of the platform. Lift the hips a few inches off the floor and keep them there as you press the dome forward and then back. Repeat for 8 to 16 reps. This move targets the core muscles and hamstrings.

#### •Activity #5: Using the Strength Cord/Resistance Band

a. **Objective:** To demonstrate balance and strength by using the bands and the dome concurrently.

b. **Set Up:**

- Depending on their height, students may need to shorten the cords by rolling them around their wrists.
- When using strength cord/resistance band, perform the exercises in a slow and controlled manner to work against resistance, both when pulling on the strength cord/resistance band and when returning to the starting position.

c. **Exercises:**

- **Leg Extension** - (Use dome side up) Begin by placing hands shoulder width apart on both sides of the dome close to the band connectors, then place knees on the dome under the waist. Take the handle of the band and securely slip the toe of your sneaker into the handle – make sure that the handle is firmly attached to the sneaker. While using hands and dome knee to balance, extend the handle leg out directly behind you and bring it back in, but do not place it back on the dome. Repeat for 8 to 16 reps.
- **Rows** - Stand in Basic Stance on top of the dome. Holding the resistance band in one hand, bend the elbow, pulling the hand while contracting the side of the back muscle, then lower. Repeat for 1 to 3 sets of 8 to 16 reps then repeat with the other hand.
  - To add difficulty, try using both hands at the same time.
- **Bicep Curls** - Stand in Basic Stance holding the handle of the resistance band in one hand, palm up. Bend the elbow of the hand with the handle, keeping it close to the body and keeping it in the same place, curl hand up toward the shoulder and lower. Repeat for 1 to 3 sets of 8 to 16 reps then repeat with the other hand. To add difficulty, try using both hands at the same time.

## • **Raises**

- **Lateral** - Stand in Basic Stance holding the handle of the resistance band in one hand at your side with straight arms. Keeping the elbow of your handle hand slightly bent and fixed, lift the arm out to the side away from the dome no higher than shoulder level, then lower. Repeat for 1 to 3 sets of 8 to 16 reps, and then repeat with the other hand.
- **Front** - Stand in Basic Stance, holding handle of resistance band in one hand, palm down. Lift the handle hand straight in front of you no higher than shoulder height, then lower.
- To add difficulty, try using both hands at the same time.
- **Overhead Press** - Stand in Basic Stance holding the two handles of the resistance bands in each hand. Raise the hands up just over the shoulders with the elbows bent and palms in. Press arms up overhead and then lower, as in the military press. Repeat for 1 to 3 sets of 8 to 16 reps, and then repeat with other hand.
- This can also be performed using one hand at a time, but make sure to maintain good posture and not lean to the side.

## • **Safety Issues & Concerns**

- Do not allow students to pull the resistance bands. This can result in the item snapping back and hurting the student.
- Do not allow students to do difficulty extensions without mastering the basic version of the exercise first.
- Do not perform cardio exercises for longer than about a minute on the dome before stepping off.
- When doing resistance work, restrict reps to 16 or less per set. Never try to do too much too fast.

## **Meets These NASPE Standards**

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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**In the US:** FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey 07604-3116 Phone 800.793.7900 201.288.7600 Fax 800.793.7922

**In Canada:** FlagHouse Canada, 235 Yorkland Blvd., Suite 105, North York, Ontario M2J 4Y8 Phone 800.265.6900 416.495.8262 Fax 800.265.6922

**International Customers:** FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey, 07604-3116 USA Phone 201.288.7600 Fax 201.288.7887