

STABILITY BALL EXERCISE

Seated on Ball:

Hip Circles 30s each
Forward and Back Roll 30s
March 30s

Standing:

Woodchops 30s
Ball Steering Wheel 30s
Partner Side Pass 30s each
Partner Overhead Pass 30s

Seated on Ball (Weights):

Overhead Press 12x
Front Raise 10x
Bent Over Wide Row 12x
Alternating Lateral Raise 10x each
Upward Rotation 12x
External Rotation 12x

Standing (Weights):

One Arm Row (hand on ball) 15x each
One Arm Tricep Kickback (hand on ball) 12x each

Floor:

Pelvic Tilts 45s
Crunches 45s
Wipers 45s
Alternating Straight Leg Raise (hands up) 45s
Straight Leg Bridge 45s
One Leg Ball Leg Curl 12 each
Bent Leg Hipster Bridge 12x
Reverse Ball Crunch 12x
Lifting Ball Leg Curl 12x
Hip Stretch 45s each
Ball Press to Crunch 15x
Roll Out Hand Plank 1 minute
Ball Cobra 12x

Standing:

One Foot Balance 30s each
Back Extension 45s
Roll Out Ball Bridge 30s hold then 12x
Ball Squats (on wall) 50s then 20s hold
Elbow Plank 1 minute
Hip Extension 12x each
Knee on Ball Balance 45s each
Ball Push-ups 15x
Hip Abduction 12x each
Overhead Stretch 45s each
Ball Chest Stretch 45s each
Ball Hamstring Stretch 45s each