

Fitness BALL

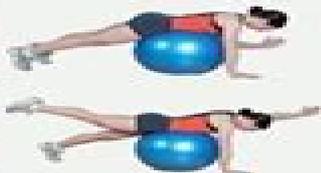
Complete WORKOUT

SET 1

PUSH-UPS



ALTERNATING ARM-LEG EXTENSION



BASIC ROLLOUT



BUTT LEG LIFT



KNEELING BALL SQUEEZE



SET 2

BODY BALL FLYE



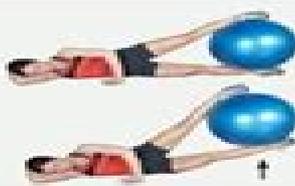
REVERSE FLYE



AB CRUNCH



SIDE LEG LIFT



STANDING CALF



SET 3

ROLLUP NECK CRUNCH



BACK EXTENSION



PASSOVER CRUNCH



INNER THIGH BALL SQUEEZE



STANDING SIDE LEG PUSH



SET 4

EXTERNAL SHOULDER ROTATION



CRUNCH LEGS ON BALL



PELVIC TILTS



HAMSTRING SQUEEZE



TOE PULLS



BEGINNER

10-15 REPS X 2 SETS

INTERMEDIATE

10-15 REPS X 3 SETS

ADVANCED

10-15 REPS X 4 SETS

RESTS BETWEEN SETS:

1 MIN MAX



Exercise Ball Workout

S Marginson



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