

# BALL WORKOUT

**S**  
**H**  
**O**  
**U**  
**L**  
**D**  
**E**  
**R**

## FRONT DUMBBELL RAISE

1. Sit on the ball holding the dumbbells in your hands with your arms straight.

2. Raise the dumbbells in front of your body and slowly lower your body to about shoulder height. Lower and bring slowly to the starting position and repeat.

## SIDE LATERAL RAISE

1. Sit on the ball holding the dumbbells above your knees.

2. Raise your arms straight to the side and slowly raise the dumbbells to about shoulder height. Lower and bring slowly to the starting position and repeat.

## SEATED DUMBBELL PRESS

1. Sit on the ball with your knees bent and holding a dumbbell in each hand.

2. Raise the dumbbells overhead. The dumbbells should be as high as possible. Lower and bring the dumbbells to the starting position and repeat.

## WALL SQUAT

1. Stand with your back against the wall and your feet on the ball against your chest.

2. Lower and bring your feet back up to the starting position and repeat.

## LEG EXTENSION

1. Sit on the ball with your knees bent and your feet on the floor.

2. Raise and extend the leg straight up to a vertical position with the knee. Lower and bring the leg to the starting position. Repeat on each leg.

## LEG CURL

1. Lie on your back with your knees bent and your feet on the ball. Lift the feet.

2. Raise and curl the leg back to the starting position and repeat.

**L**  
**E**  
**G**

## CRUNCH

1. Lie on your back with your knees bent and feet on the ball. Place your hands gently behind your neck but do not press your hands.

2. Raise and bring the shoulders and chest up off the floor. Lower and bring slowly to the starting position and repeat.

## CROSSOVER CRUNCH

1. Lie on your back with your knees bent, feet on the ball and your hands pressed gently behind your head.

2. Raise and bring the shoulders and chest up off the floor. Lower and bring slowly to the starting position. Repeat on each side.

## BALL CRUNCH

1. Lie on your back with your knees bent and feet on the ball. Place your hands on the ball.

2. Raise and bring the shoulders and chest up off the floor. Lower and bring slowly to the starting position and repeat.

**A**  
**B**  
**D**  
**O**  
**M**  
**E**  
**N**

## BACK EXTENSION

1. Lie on the ball with your feet, shoulders, and chest being supported. Place your hands behind your head.

2. Raise and bring your feet and hips up off the floor. Lower and bring slowly to the starting position and repeat.

## BACK EXTENSION

1. Lie on your back with your feet on the ball, shoulders and hips on the floor.

2. Raise and bring your feet and hips up off the floor. Lower and bring slowly to the starting position.

## LYING LEG RAISE

1. Lie on your back with your feet on the ball and your legs straight.

2. Raise and bring your legs up off the floor. Lower and bring slowly to the starting position and repeat.

**L**  
**O**  
**M**  
**B**  
**A**  
**C**  
**K**