

Full Body (stability ball)

3-Point Forward Roll



Exercise Description:

3-Point Forward Roll

Classification:

Full Body (stability ball)

Instructions:

Place your arms on the ball and form a plank position with your feet and the ball.

Roll your arms out and extend them over your head.

Hold this position for 1-2 seconds and return to the starting position.

Drop to Push Up



Exercise Description:

Drop to Push Up

Classification:

Full Body (stability ball)

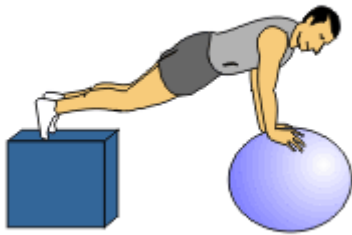
Instructions:

Start by placing your hands on a stability ball in a push up position. Drop your hands to the side and let your chest hit the ball.

Bounce up off the ball and quickly place your hands back on the ball and press into a pushup.

Repeat.

Elevated Feet Pushup



Exercise Description:

Elevated Feet Pushup

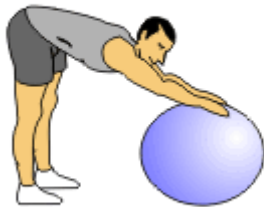
Classification:

Full Body (stability ball)

Instructions:

- 1) Lie face down on a ball with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
 - 2) Place hands slightly wider than shoulder width
 - 3) Start position: Extend your arms and place feet at hip width with toes positioned onto a secure bench or chair.
 - 4) Lower your body (legs, hips, trunk, and head).
 - 5) Return to the start position by extending at the elbows and pushing the body up.
- Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Rollout to Hip on Ball



Exercise Description:

Rollout to Hip on Ball

Classification:

Full Body (stability ball)

Instructions:

Starting Position: Place outstretched hands on the ball and bend forward at the waist. Rollout the ball so that the ball rolls down towards your waist. Pull yourself back to the starting position and repeat.

Advanced Leg Raise Split on Ball (w/ ankle wt)



Exercise Description:

Advanced Leg Raise Split on Ball (w/ ankle wt)

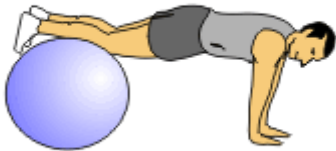
Classification:

Full Body (stability ball)

Instructions:

1. Start position: Roll out face down on the ball until your stomach and pelvis is on top of the ball.
2. Drop your shoulders towards the floor and raise legs so that you are at a 45 degree angle to the floor.
3. With ankle weights attached to each leg spread your legs into a V and then bring back together.
4. Remember to keep your body in a straight line contracting your lower back to maintain good technique.
5. Repeat for prescribed number of repetitions.

Stability Ball Pull In



Exercise Description:

Stability Ball Pull In

Classification:

Full Body (stability ball)

Instructions:

1. Roll out onto ball in a prone position. The ball should be under your shins.
2. Keeping your hips and body parallel to the floor (no sagging of the hips) bring your knees in towards your chest.
3. Remember to keep your trunk parallel with the floor.
4. Now extend them back to a parallel position. Repeat until the number of repetitions is met. No sagging of the hips.

Curl and press kettleballs



Exercise Description:

Curl and press kettleballs

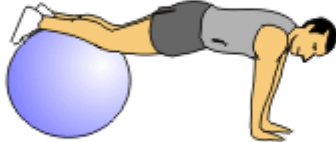
Classification:

Full Body (stability ball)

Instructions:

1. Sit on stability ball with feet shoulder width apart.
2. Hold a kettleball in each hand.
3. Curl up to shoulder height and then shoulder press the kettleballs over your head.
4. Return to the starting position and repeat.

Push ups with knee tuck



Exercise Description:

Push ups with knee tuck

Classification:

Full Body (stability ball)

Instructions:

1. Start by getting in a push up position with your feet on top of a ball.
2. Proceed to perform a push up balancing on top of the ball. Return to the starting position and then bring your knees in towards your chest.
3. Return to the parallel position and repeat for the prescribed repetitions.

