

## Shoulders (stability ball)

### Front Raise



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**Exercise Description:**

Front Raise

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Stand with feet shoulder width apart or sit on bench in upright position.
- 2) Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise DB's to front of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

### Lateral Raise



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**Exercise Description:**

Lateral Raise

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Stand with feet shoulder width apart or sit on bench in upright position.
- 2) Start position: Grasp DB's with a neutral grip (palms facing each other). Arms should hang down at sides with elbows slightly bent.
- 3) Raise DB's to side of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or

flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

## Shoulder Press



### Exercise Description:

Shoulder Press

### Classification:

Shoulders (stability ball)

### Instructions:

- 1) Sit in upright position on a ball.
- 2) Start position: Position DB's to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

## Prone Pull Ins on Ball



### Exercise Description:

Prone Pull Ins on Ball

### Classification:

Shoulders (stability ball)

### Instructions:

Start Position: Roll out on the ball so that your shins are on the ball and you are supported by your hands in a table top position.

Pull the ball using your feet towards your chest. While doing this bend your elbows in a pushup fashion.  
Return to starting position.

### **Drop to Push Up**



#### **Exercise Description:**

Drop to Push Up

#### **Classification:**

Shoulders (stability ball)

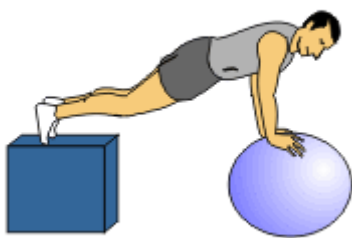
#### **Instructions:**

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:**

Shoulders (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

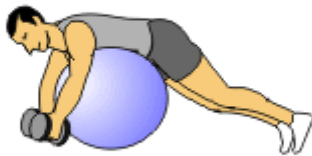
a secure bench or chair.

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.

### **Stability Ball Horizontal DB Shoulder Raise**



#### **Exercise Description:**

Stability Ball Horizontal DB Shoulder Raise

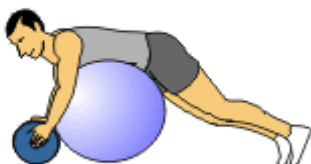
#### **Classification:**

Shoulders (stability ball)

#### **Instructions:**

- 1) Lie face down with chest supported by flexaball. Feet should be wider than shoulder width apart for stability. Knees may or not be on ground on depending on comfort.
- 2) Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders.
- 3) With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement.
- 4) Return to start position. However, only lower DB's to within an inch of floor.
- 5) Remember to keep head in a neutral position and trunk stable.

### **Stability Ball Front DB Shoulder Raise**



#### **Exercise Description:**

Stability Ball Front DB Shoulder Raise

#### **Classification:**

Shoulders (stability ball)

**Instructions:**

1. Lie face down on stability ball.
2. Start position: Position arms to side of body with thumbs pointing down.
3. Raise arms up above head and squeeze shoulder blades together at top of movement.
4. Return to start position.
5. Remember to keep head in neutral position. If positioned on floor or bench, place a rolled towel under forehead.

**Stability Ball Lying Side Raise****Exercise Description:**

Stability Ball Lying Side Raise

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Lie on your side on a stability ball.
2. Start position: Grasp DB's with an underhand grip (palm facing down). Arm should hang down at sides with elbows slightly bent.
3. Raise DB to side of body until the DB is straight overhead. Keep elbows only slightly bent with thumbs pointing up throughout movement.
4. Return to start position.

**Stability Ball Upright Row****Exercise Description:**

Stability Ball Upright Row

**Classification:**

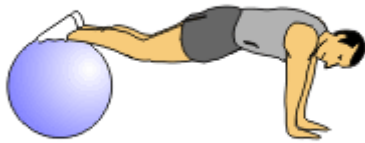
Shoulders (stability ball)

**Instructions:**

Lie face down on the stability ball and hold a weight plate in each hand with your elbows at 90 degrees and your hands pointed downward.

Keeping your elbows at 90 degrees rotate your arms up towards the ceiling in an external rotation movement.

**Swiss Ball Protraction**



**Exercise Description:**

Swiss Ball Protraction

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes up on a stability ball.
3. Start position: Extend the elbows and raise the body off the floor.
4. Extend at the elbows and pressing up at the shoulders separating the shoulder blades and arching the upper back.

Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Avoid hyperextension

**Alternate Arm Swings on Ball**



**Exercise Description:**

Alternate Arm Swings on Ball

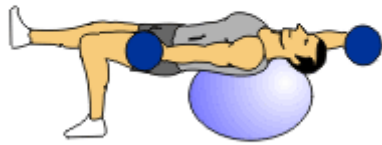
**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Starting Position: Lie supine on stability ball. Take a dumbbell in each hand and start with arms extended straight up towards ceiling.
2. Simultaneously keeping arms straight extend one arm back and the other arm forward.
3. When your arms are parallel to the floor return to the starting position.
4. Repeat for the prescribed number of repetitions.

**Alternate Arm Swings/Leg Raises on Ball**



**Exercise Description:**

Alternate Arm Swings/Leg Raises on Ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Starting Position: Lie supine on stability ball. Take a dumbbell in each hand and start with arms extended straight up towards ceiling.
2. Simultaneously keeping arms straight extend one arm back and the other arm forward.
3. When your arms are parallel to the floor return to the starting position.
4. While you are swinging your arms alternate each leg by raising one leg off of the floor and returning to floor when your arms return to the starting position. Alternate legs.
4. Repeat for the prescribed number of repetitions.

**Alternate Sword Pull on Ball**



**Exercise Description:**

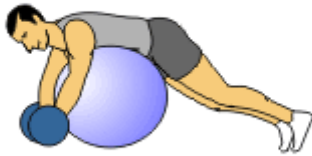
Alternate Sword Pull on Ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Lie on back on stability ball. Holding weights in hand place both weights on opposite hip.
2. Pull first weight off of hip like you are drawing a sword from your holster.
3. Once the first arm is moved and perpendicular to the floor then pull the other arm up off the hip.
4. Use a somewhat circular motion to place weight back on opposite hip.
5. Repeat for prescribed number of repetitions.

**Prone Fly on Ball****Exercise Description:**

Prone Fly on Ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Lie face down with chest supported by flexaball. Feet should be wider than shoulder width apart for stability. Knees may or not be on ground on depending on comfort.
- 2) Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders.
- 3) With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement.
- 4) Return to start position. However, only lower DB's to within an inch of floor.
- 5) Remember to keep head in a neutral position and trunk stable.

**Lateral Raise (kneeling on ball)**



**Exercise Description:**

Lateral Raise (kneeling on ball)

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Starting position: Kneel on ball and establish a firm base.
2. Have someone hand you a dumbbell in each hand.
3. Maintaining balance laterally raise the dumbbells out to a 90 degree position from the body.
4. Return to the starting position and repeat according to the prescribed repetitions. Remember to keep your core tight throughout the movement.

**Alternating shoulder stability using toning bar****Exercise Description:**

Alternating shoulder stability using toning bar

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Lie on your back and place the stability ball under your upper back.
2. Hold a toning bar with one hand and both arms extended.
3. Holding this balanced position keeping your hips up bring the arm with the toning bar out to the side and then return to the starting position.
4. Pass the ball to the other hand and repeat with the other side.

**Kneeling lateral front raise combo****Exercise Description:**

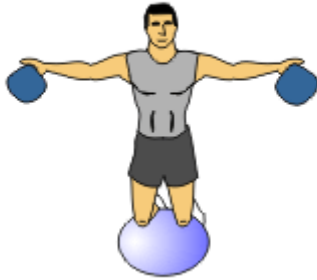
Kneeling lateral front raise combo

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Start by kneeling on a stability ball and maintaining your balance.
2. Take two kettlebells or dumbbells and keeping your arms straight raise them out to the side parallel with your shoulders.
3. Once you reach parallel then rotate them forward so that they are extended directly in front of you.
4. Return to the starting position and repeat.

**Overhead Lateral Raise on ball****Exercise Description:**

Overhead Lateral Raise on ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Start by kneeling on the ball and maintaining your balance.
2. Holding two dumbbells keeping your elbows semi-straight and raise the weight out to the side.
3. Continue until the dumbbells are overhead.
4. Return to the starting position and repeat.

**Prone Reverse Flye on ball****Exercise Description:**

Prone Reverse Flye on ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Lie face down with chest supported by a stability ball. Feet should be wider than shoulder width apart for stability. 2) Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders.
- 3) With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement.
- 4) Return to start position.

### Dumbbell Shoulder Press on ball



**Exercise Description:**

Dumbbell Shoulder Press on ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Sit in upright position with knees slightly bent.
- 2) Start position: Position DB's to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position.

### Balanced Lateral Raises on ball



**Exercise Description:**

Balanced Lateral Raises on ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Balance on a stability ball with your knees and feet, then grab a dumbbell in each hand.
- 2) Start position: Grasp DB's with a neutral grip (palms facing each other). Arms should hang down at sides with elbows slightly bent.
- 3) Raise DB's to side of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.

### Rear Delt Raise on Stability ball



**Exercise Description:**

Rear Delt Raise on Stability ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Begin by stabilizing yourself on top the ball using your lower leg.
- 2) Start position: Hold DB in each hand with neutral grip (palms facing each other) and let arms straight down (perpendicular to floor). Lean forward slightly.
- 3) With elbows slightly bent and facing the ceiling, raise DB's to shoulder level in semi-circular motion and squeeze shoulder blades together at top of movement.
- 4) Return to start position.
- 5) Remember to keep head in a neutral position

**Kneeling Shoulder Press on Stability Ball**



**Exercise Description:**

Kneeling Shoulder Press on Stability Ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Position yourself with your knees on top of the ball and maintain your balance in an upright position.
- 2) Start position: Position DB's to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

**Seated Shoulder Press on 1 Leg**



**Exercise Description:**

Seated Shoulder Press on 1 Leg

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Sit in upright position with feet shoulder width apart and knees slightly bent. Raise one leg up off the floor and maintain your balance.
- 2) Start position: Position DB's to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

**Seated Front Raise with DBs**



**Exercise Description:**

Seated Front Raise with DBs

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Sit on a ball in an upright position.
- 2) Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise DB's to front of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

**Seated Front Raise on 1 Leg**



**Exercise Description:**

Seated Front Raise on 1 Leg

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Sit on a ball in an upright position. Raise one leg off the floor and maintain balanced position.
- 2) Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise DB's to front of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

**Kneeling Front Raise on Stability Ball**



**Exercise Description:**

Kneeling Front Raise on Stability Ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

- 1) Begin by kneeling on top of a stability ball and maintaining your balance.
- 2) Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise DB's to front of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

## Seated Lateral Raise on Ball



### **Exercise Description:**

Seated Lateral Raise on Ball

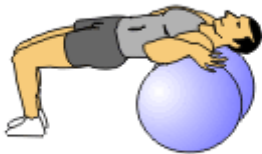
### **Classification:**

Shoulders (stability ball)

### **Instructions:**

- 1) Sit on a ball in an upright position.
- 2) Start position: Grasp DB's with an underhand grip (palms facing forward). Arms should hang down at sides with elbows slightly bent.
- 3) Raise DB's to side of body at shoulder height. Keep elbows only slightly bent with thumbs pointing up throughout movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

## Supine Shoulder Crawl with ball



### **Exercise Description:**

Supine Shoulder Crawl with ball

### **Classification:**

Shoulders (stability ball)

### **Instructions:**

1. Lie on your back with a ball under each shoulder and your hips parallel to the floor.
2. Slowly raise your right arm up above your head moving the ball with your arm.
3. Return your arm to the starting position and repeat with the other arm.

## Seated Front Raises on ball



**Exercise Description:**

Seated Front Raises on ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Sit on a ball and secure the band underneath the ball or your feet.
2. Keep your arms straight and raise them out in front of you until your hands reach shoulder height.
3. Return to the starting position and repeat for the recommended repetitions

**Reverse Fly with Cobra**



**Exercise Description:**

Reverse Fly with Cobra

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Start by lying face down on the ball below your abdomen and hold dumbbells down towards the ground.
2. Slowly arch your lower back and hold this position. While holding this position bring the dumbbells out and up until parallel with your shoulders.
3. Pinch your shoulder blades in towards your spine while doing this.
4. Return to the starting position and repeat for the recommended repetitions.

**Seated Band Shoulder Press on Ball**





**Exercise Description:**

Seated Band Shoulder Press on Ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Start by sitting on a resistance ball with the band secured under your feet. Hold on to handles and bring them to shoulder level.
2. Press your arms up over your head until your arms are extended.
3. Return to the starting position and repeat.

**Seated Bar Curl and Press on Ball**



**Exercise Description:**

Seated Bar Curl and Press on Ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Start by sitting on a resistance ball and holding the barbell on your thighs. Hold the barbell with your palms down.
2. Curl the barbell up to shoulder level and then press the barbell over your head.
3. Return to the starting position and repeat.
4. Keep your abs tight throughout the movement and avoid excessive arching of the lower back.

**Seated DB Curl and Press on Ball**



**Exercise Description:**

Seated DB Curl and Press on Ball

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Start by sitting on a resistance ball and holding the dumbbells at your sides. Hold the dumbbells with your palms up.
2. Curl the dumbbells up to shoulder level and then press the dumbbells over your head.
3. Return to the starting position and repeat.
4. Keep your abs tight throughout the movement and avoid excessive arching of the lower back.

**Seated Upright Row on Ball with Band**



**Exercise Description:**

Seated Upright Row on Ball with Band

**Classification:**

Shoulders (stability ball)

**Instructions:**

1. Start by sitting on a ball with the band secured under your feet or the ball.
2. Raise the band up by pulling with your hands up towards your shoulders.
3. During the movement keep your elbows higher than your hands or try to lead the movement with your elbows.
4. Return to the starting position and repeat.

