

**LEGS - BALL WALL SQUAT I**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Position an exercise ball between your middle back and a wall. Stand with your feet shoulder width apart, toes pointed slightly outward. Distribute your body weight equally between both feet and lean back against the ball. Movement: - Inhale, keeping your heels in contact with the floor at all times, slowly lower into a squat position while rolling the ball up your back. Exhale as you slowly straighten your legs, keeping your head and chest up, returning to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="0"/>		<input type="text" value="0"/>

**BACK - BALL DB ROW**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Rest your right hand and knee on an exercise ball by bending at your waist. Grip a dumbbell in your left hand and allow it to hang down by your side. Movement: - Exhale as you pull the dumbbell up keeping your elbow close to your side. Inhale as you slowly return the DB back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="0"/>		<input type="text" value="0"/>

**CHEST - BALL DB PRESS I**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Position your upper back on an exercise ball; hold a dumbbell in each hand and held above the chest with both feet flat on the floor. Keep a 90degree bend in your knees. Movement: - Exhale as you press the dumbbells upward to a straight-arm position. Inhale as you slowly lower the dumbbells to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="0"/>		<input type="text" value="0"/>

**BICEPS - BALL INCLINE DB CURLS I**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Position your upper back on an exercise ball; walk your feet forward until your upper body is at an incline. Hold a dumbbell in each hand with your arms by your sides palms turned up. Movement: - Exhale while bending only at your elbows curling the weights up to your shoulders. Inhale while lowering the weights to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="0"/>		<input type="text" value="0"/>

**SHOULDERS - BALL FRONT DB RAISES II**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Sit on an exercise ball with your feet flat on the floor and grip a dumbbell in your right hand. Allow your arm to hang down in front of you palm facing the ball. Movement: - Exhale while raising the weight to shoulder level, keeping your arm straight, pause briefly at the top. Inhale as you slowly lower the weight to the starting position. Repeat with your left arm. Repeat as required.

Set Name

Reps / Time

Weight / Level

Set 1

at

**ABS - BALL LEG ROLL**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Get into a push up position with an exercise ball under your thighs and your hands flat on the floor and your feet in the air. Keep your back straight. Movement: Exhale as you roll the ball in by pulling your knees towards your chest. Inhale as you slowly return your legs to the starting position. Repeat as required.

Set Name

Reps / Time

Weight / Level

Set 1

at