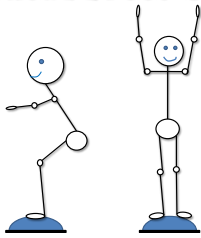


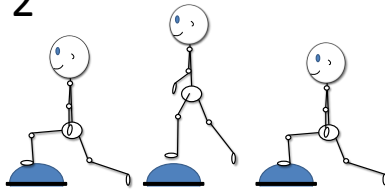
Overhead Press Squats

1



Power Lunges

2

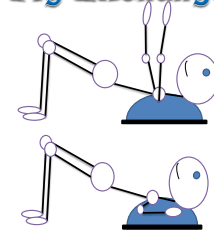


1. Complete a power lunge off the ball.
2. Jump so both feet are in the air.
3. Land back on the ball and engage your core to keep your balance.



Fly Exchange

3

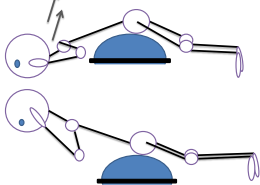


Challenge: Use free weights. **Make sure to have a spotter when using free weights.



Back Extension

4

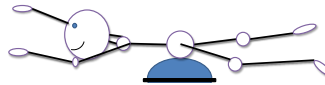


1. Complete the position off the ball.
2. Raise upper body off the ground.
3. Slowly lower to start position.
4. Challenge: Lift feet off the floor.



Superman

5

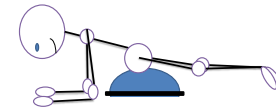


1. Complete the position off the ball.
2. Stretch with left arm and right leg.
3. Switch and stretch with left arm and right leg.



Prone Two Leg Lift

6

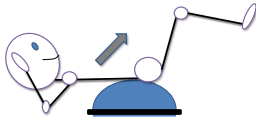


1. Position the lower abs and hips on the ball.
2. Slowly raise both legs off the ball.



Full Crunch

7

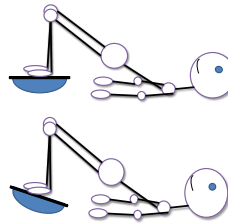


Modification: Keep feet on the floor.



Hamstring Tilts

8



Plank

9

