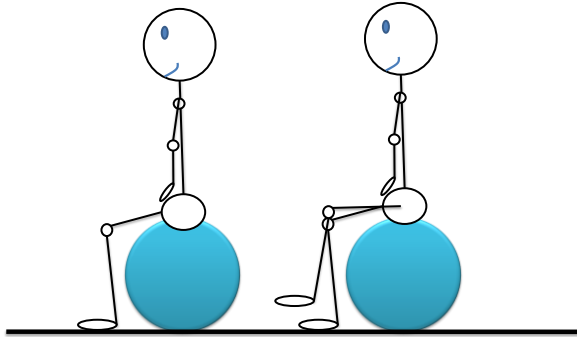




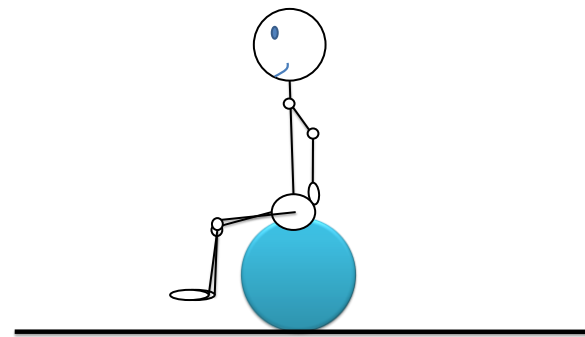
Seated March



1. Sit on the ball with the spine straight and abs engaged.
2. Begin a slow march by alternating right foot then left foot.
3. Challenge: lift knees higher or march faster.



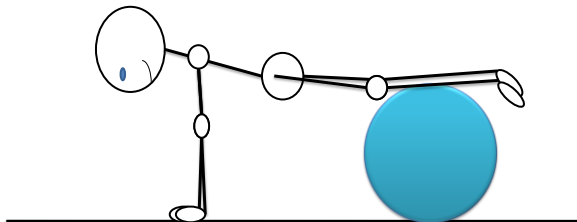
Seated Balance



1. Sit on the ball with the spine straight and abs engaged.
2. Place hands on the ball and lift feet off the ground.
3. Challenge: Place hands behind head.



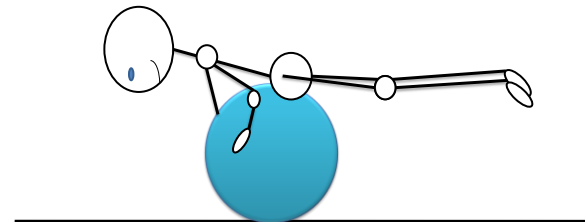
Balance Plank



1. Keep your back straight and your abs engaged.
2. Try to balance on the ball.
3. Challenge: Walk your hands forward so your toes are on the ball.



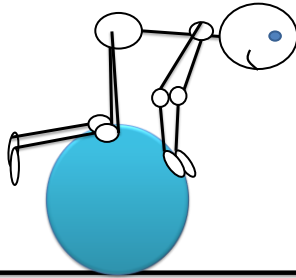
Prone Support



1. Keep your back straight and your abs engaged.
2. Place feet on the floor.
3. Slowly raise one foot off the floor at a time.
4. Try to balance on the ball.



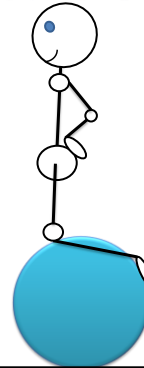
Kneeling Balance



1. Begin with feet on the floor
2. Slowly bring each foot onto the ball.



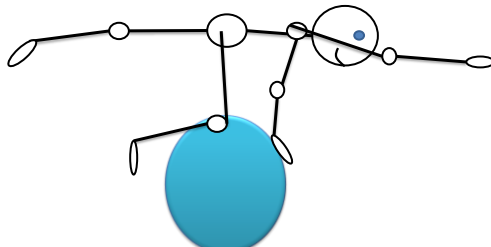
Two Point Balance



1. Begin with Kneeling Balance.
2. Slowly remove your hands from the ball.



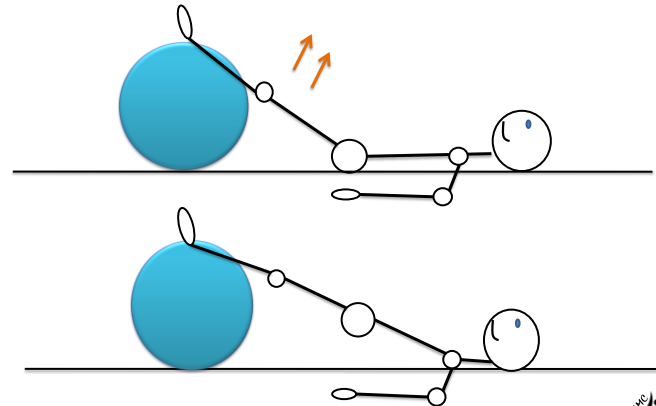
Spinal Balance



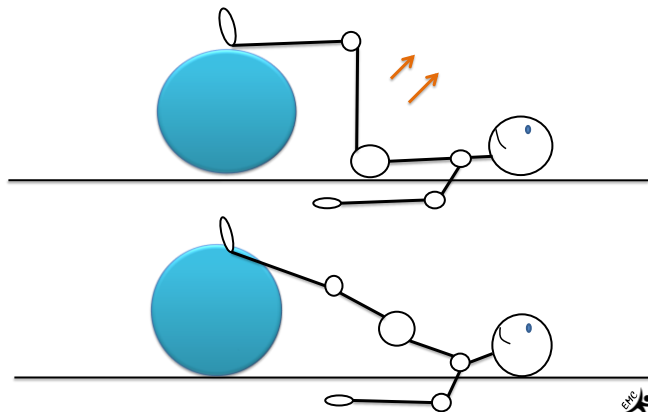
1. Start with Kneeling Balance
2. Keep both hands on the ball and lift one leg at a time off the ball.
3. Keep both legs on the ball and try to lift one arm off the ball at a time.
4. Balance with right leg and left hand on the ball. Switch



BALL BRIDGE



KNEE FLEX BRIDGE



KNEE BENT BRIDGE

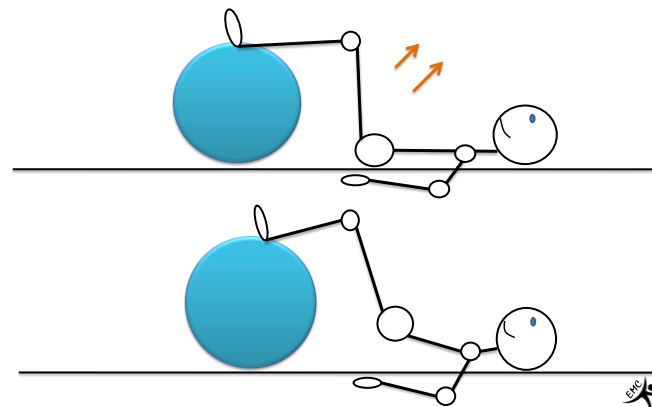


Table Top

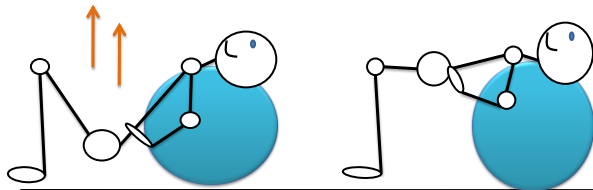
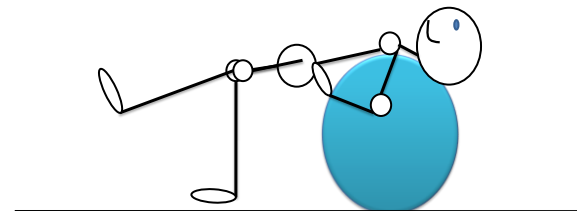
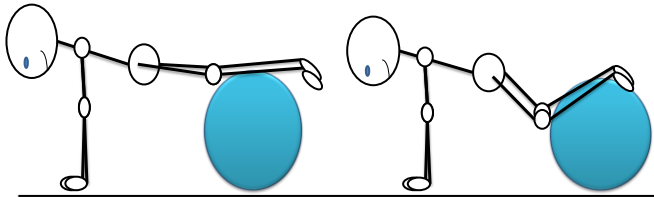


TABLE TOP W/LEG EXTENSION



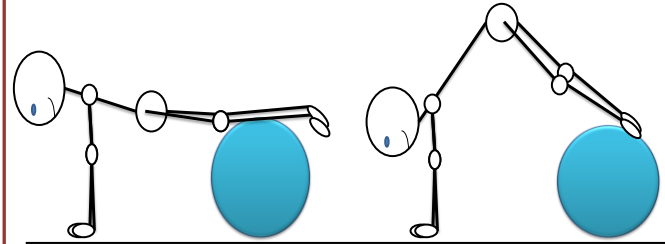
Knee Tuck



1. Place hands under shoulders with shins on the ball.
2. Pull your knees towards your chest.
3. Straighten your legs to go back to the start position.



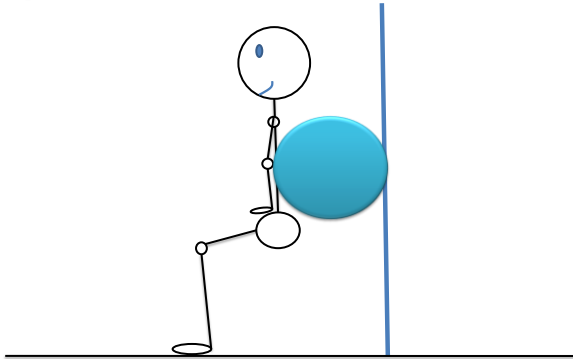
Pike Press



1. Place hands under shoulders with shins on the ball.
2. Press your hips up to form an inverted V.
3. Slowly bring your hips back to the start position.



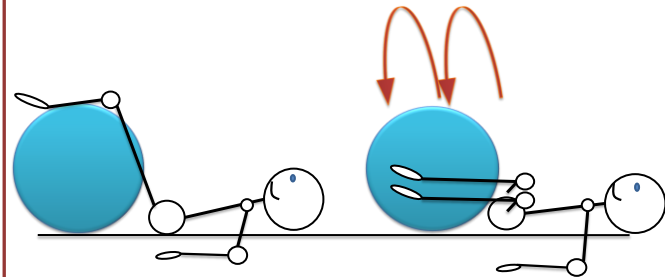
Wall sit with ball



Challenge: Lift one foot off the ground while balancing on the other leg.



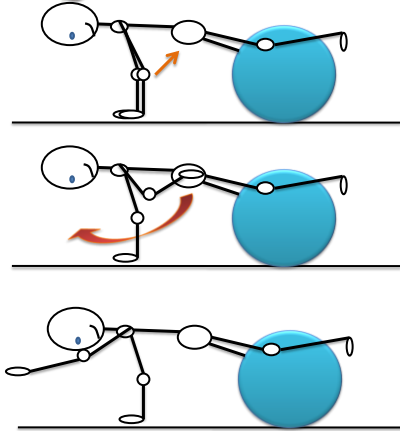
Leg Twist



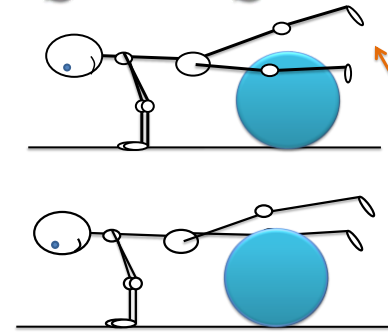
1. Squeeze ball between calves and hamstrings.
2. Lift ball off the ground and twist.



Single Arm Raise



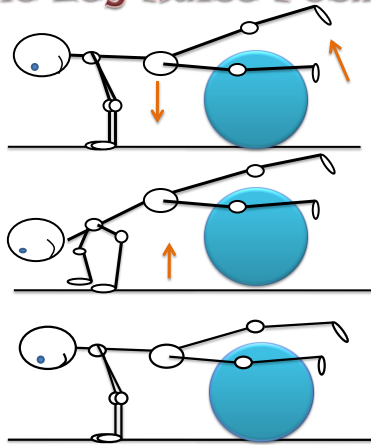
Single Leg Raise



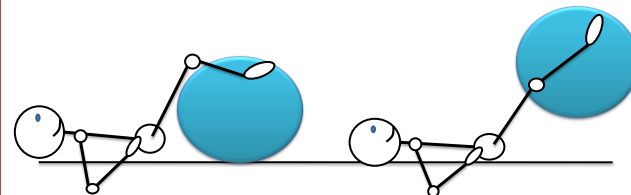
1. Perform plank position
2. Slowly raise one leg off the ball.
3. Alternate legs.



Single Leg Raise Push-Up



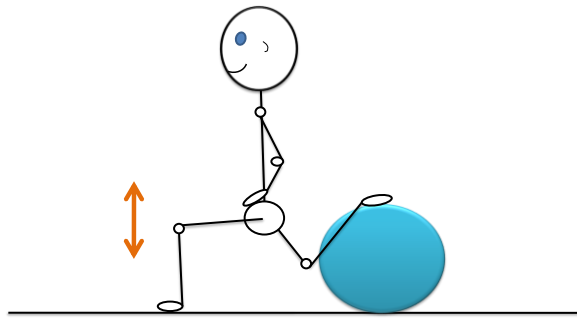
LEG EXTENSION



1. Squeeze ball between calves and hamstrings.
2. Lift ball off ground while extending legs.



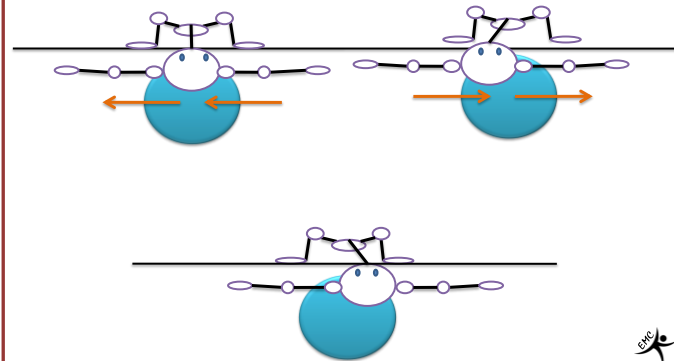
ONE LEG SQUAT



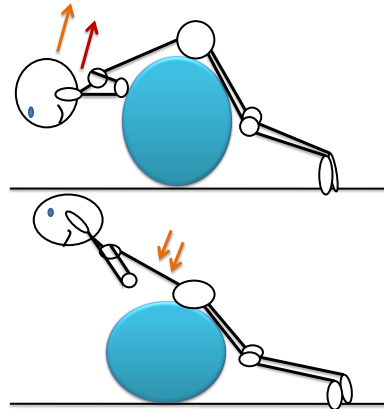
1. Rest hands on hips.
2. Get into a lunge position with one leg on the ball.
3. Bend the front leg into a squat.
4. Do not let knee go over toes.



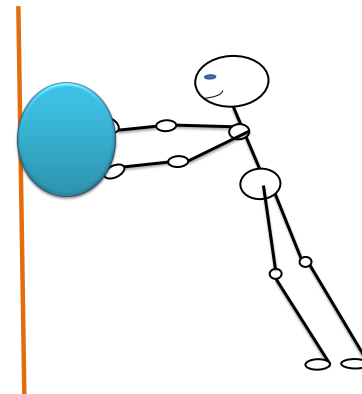
Shuffle



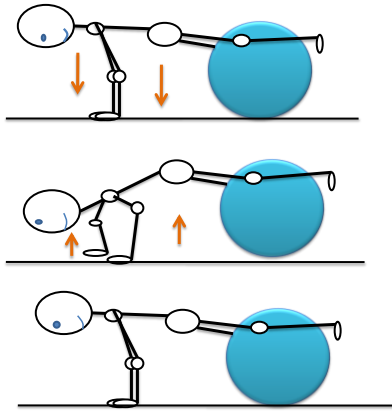
Back Extension



Wall Press

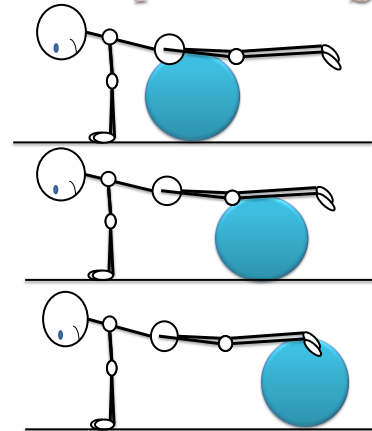


Push-Up

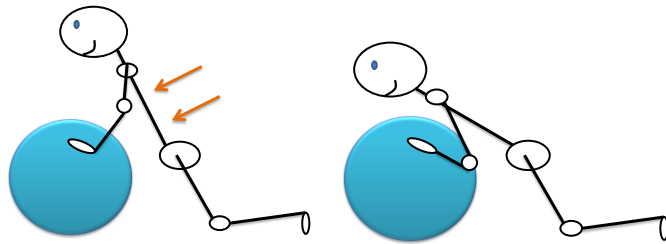


Push-Up Variety

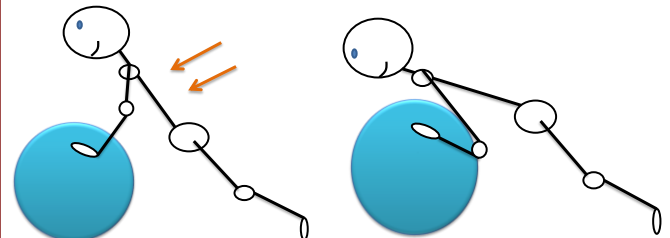
1. Keep your back straight.
2. Try to balance on the ball.
3. Challenge: Complete a push-up



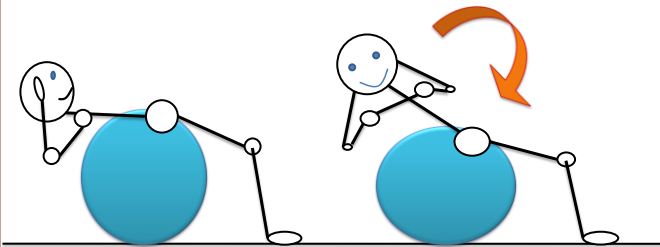
Bent Knee Push-Ups



Incline Push-Ups



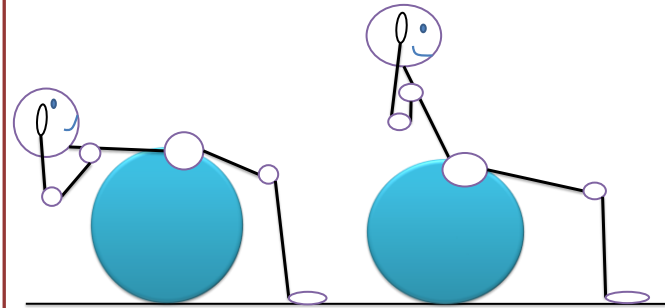
Oblique Crunch



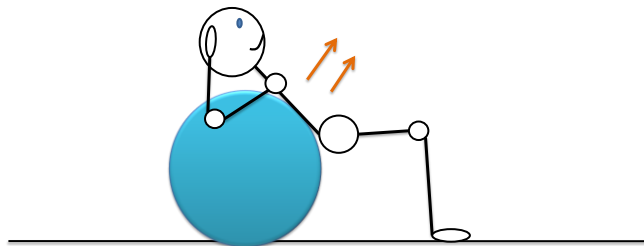
1. Complete a crunch
2. Twist and come back to start position.



BALL CRUNCH



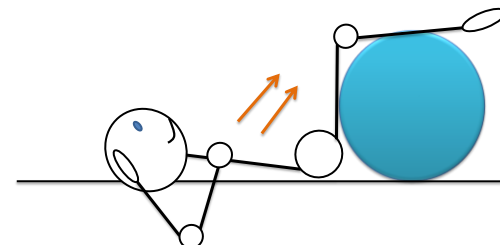
INCLINE AB CRUNCH



1. Rest back and hips on the ball.
2. Complete an AB crunch. (This is small movement.)



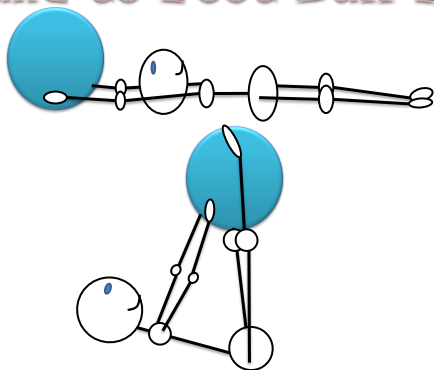
CRUNCH



1. Rest back and hips on the floor
2. Hold ball between upper and lower legs.
3. Lift upper body to perform a crunch.



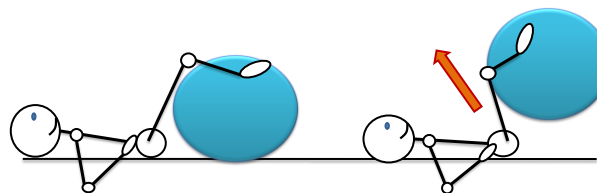
Hand to Foot Ball Pass



1. Lie on your back, with your legs and arms extended on the floor.
2. Hold the ball and raise arms and legs towards each other.
3. Pass the ball from hands to feet.



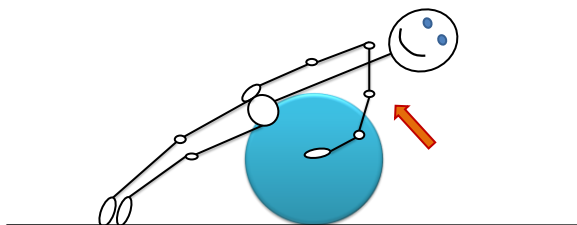
Reverse Crunch



1. Squeeze ball between your knees.
2. Lift ball off the ground.



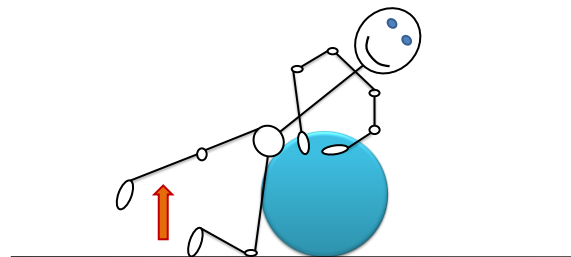
SIDE CRUNCH



1. Rest hips and side on ball.
2. Keep feet on the ground and lift side off ball.



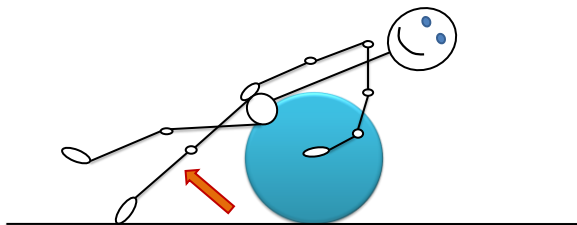
SIDE LEG LIFT



1. Rest hips and side on ball.
2. Keep knee on the ground and lift opposite leg off the ground.
3. Switch Legs.



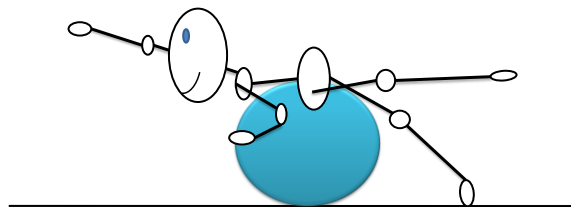
ADDUCTOR LEG LIFT



1. Rest hips and side on ball.
2. Keep one foot on the ground and lift other leg across the support leg.



SUPERMAN



1. Rest hips and stomach on ball.
2. Rest left arm on the ball and right leg on the floor.
3. Lift right arm and left leg off the floor.
4. Switch
5. Challenge: Lift right arm off ball and left leg off the floor.

