



## FITNESS BALL TOTAL BODY WORKOUT

### WARM UP AND STRETCH



#### Warm-Up Chop

Stand with feet shoulder width apart. Hold the ball overhead with both arms up. Bend at the knees and waist. Bring the ball down with both hands. Return to the starting position. Repeat.



#### Warm-Up Twist

Stand with feet shoulder width apart. Hold the ball out in front of trunk with arms extended out. Twist trunk and move the ball to one side of the body. Pause and twist to the opposite side. Repeat.



#### Hamstring Stretch

Sit on the edge of the ball with feet on the floor and legs bent. Slowly straighten legs while gently leaning forward, keeping your back straight and chest up. Return to starting position. Repeat.



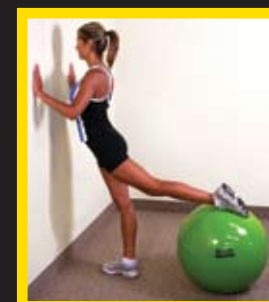
#### Back Roll

Lie on the ball with buttocks just off the ball, feet on the floor with knees bent at 90 degrees. Place hands behind the head, keeping elbows wide. Slowly push out by straightening the legs and arms and reaching long. Slowly roll up and return to start position. Repeat.



#### Side Stretch

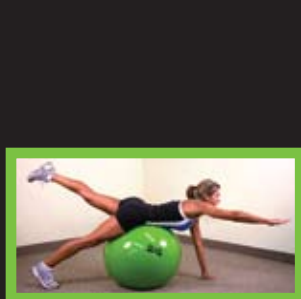
Kneel with the ball at side. Bend inside knee and extend outside leg long. Place inside arm on ground over the ball for balance. Reach outside arm over ear and gently arch over the ball. Keep body straight and hold. Repeat.



#### Hip Flexor Stretch

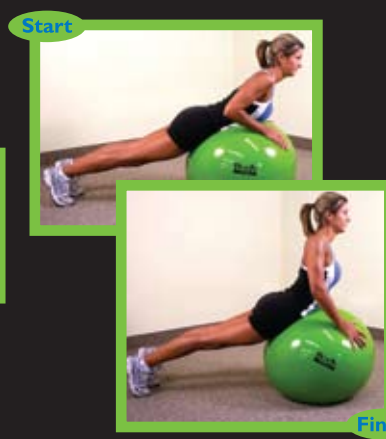
Place one foot on the ball, using the wall for balance. As you tighten your abdominal muscles and buttocks, roll the ball back as you straighten your back leg.

### CORE



#### Alternate Opposite Arm & Leg Lift

Place hands on floor in front of the ball. Support body on the ball. Extend legs. Lift one arm and hold as you lift opposite leg. Alternate with opposite arm and leg.



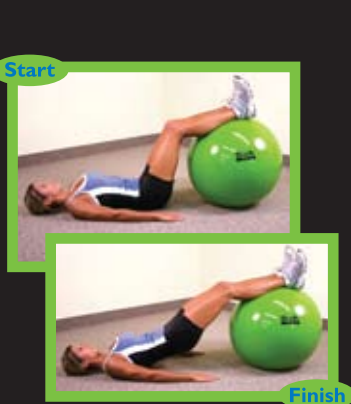
#### Back Extension

Kneel facing the ball. Hold the ball steady while you rest your torso on the ball. Slowly lift chest up off the ball. Lower body to starting position. Repeat.



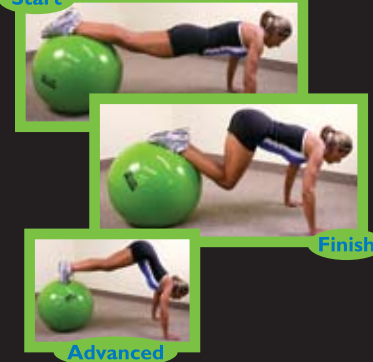
#### Abdominal Crunch

Sit on the center of the ball. Walk feet out and plant feet for balance. Slowly lower shoulders and upper back, tightening abdominals. Slowly lift body up to starting position.



#### Bridge

Lie on your back and rest calves on the ball. Lift lower back and buttocks off the floor. Keep shoulders flat on the floor. Hold straight position, then lower body.



#### Knee Tuck

Kneel in front of the ball, placing your chest on the ball, with your hands on the floor in front of you. Slowly walk hands out until the ball reaches your feet. Keep neck in a neutral position. Tighten your abdominal muscles and pull your knees toward your chest. Hold. Return to starting position. Repeat.

#### Advanced:

Start in the same starting position. Keeping your legs straight, pull your feet towards you, lifting your buttocks in the air.



#### Plank

Start in the kneeling position facing the ball. Lean forward and press forearms on top of the ball. Tighten abdominal muscles. As you press down on the ball with forearms, lift knees off the ground, hovering body over the floor as you maintain a neutral position. Hold.

### UPPER BODY



#### Push-Up

Place trunk on the ball with hands on floor. Walk out on hands and allow the ball to roll underneath until knees rest on the ball. Bend elbows and lower the body.

#### Advanced:

Place feet on the ball instead of knees.



#### Shoulder Rows

Place trunk on the ball with hands on floor. Plant your toes to support the body. Bend elbows and squeeze shoulder blades together. Return arms to starting position.



#### Chest Press

Lie with upper back, shoulders and neck resting comfortably on the ball with knees bent at 90 degrees and hips lifted. Start with arms out to the side, with upper arm parallel to the ground. Bend elbows to 90 degrees, with palms facing out. Slowly press arms up, bringing dumbbells together. Slowly lower arms back down to starting position. Repeat.



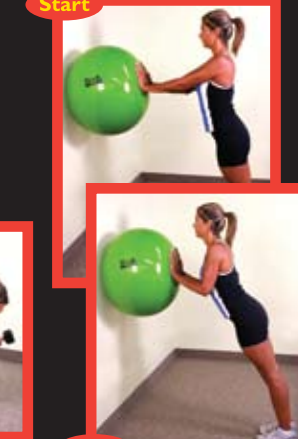
#### Chest Flye

Lie with upper back, shoulders and neck resting comfortably on the ball with knees bent at 90 degrees and hips lifted. Raise dumbbells directly overhead with slight bend in elbows. Slowly lower arms down, keeping arms straight with just a slight bend in elbows. Lower arms until upper arm is parallel with floor. Slowly raise arms to starting position. Repeat.



#### Reverse Flye

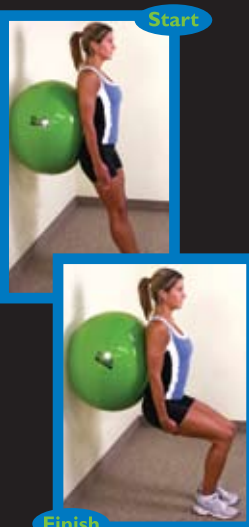
Lie with your hips and abdomen on the ball. Start with your arms down at a slight bend and palms facing each other. Slowly lift arms back, squeezing shoulder blades together. Return arms to starting position. Repeat.



#### Tricep Press

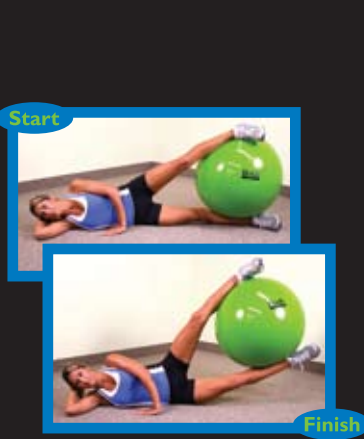
Place the ball against wall with hands approximately shoulder width apart and arms almost straight. Take a step back so that you are leaning against the ball. Slowly bend elbows to 90 degrees, keeping elbows close to your side. Slowly press back to extended arms. Repeat.

### LOWER BODY



#### Wall Squat

Stand with feet shoulder width apart. Place the ball between lower back and wall. Bend the knees and squat. Knees should not extend past the feet. Hold, then slowly raise body to the starting position.



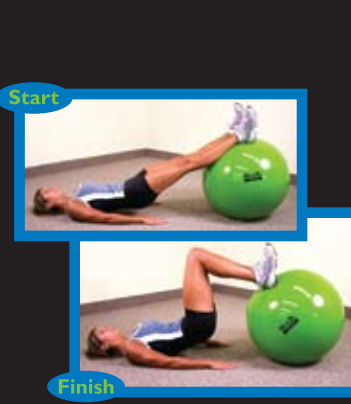
#### Thigh Lift

Lie flat on your side with the ball between your calves. Keep legs straight and extended. Raise both legs up towards the ceiling. Slowly lower legs to starting position.



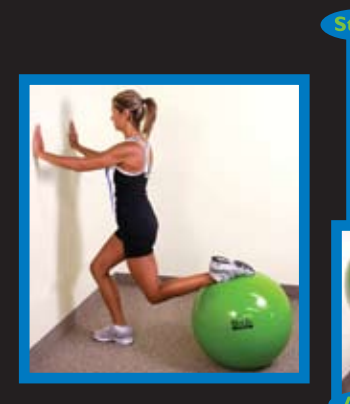
#### Leg Extension

Sit on the ball with knees bent, feet flat on the floor. Straighten one leg. Lift straightened leg as high as you comfortably can while maintaining a straight back. Slowly lower leg. Repeat. Alternate with opposite leg.



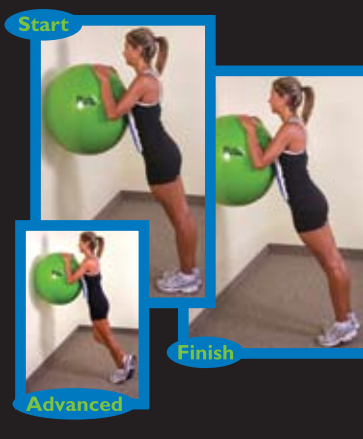
#### Hamstring Curl

Start lying on back; feet and calves on the ball with legs extended. Pressing arms into the floor, tighten abdominal muscles and buttocks and raise hips off the floor. Holding body in a straight line, bend your knees as you pull the ball towards buttocks. Return to extended legs. Repeat.



#### Lunge

Place one foot on the ball, using the wall for balance. Tighten stomach muscles as you bend your knees to a squat position. Make sure that your front knee is not over your toe in the down position. Press yourself up into starting position. Repeat.



#### Calf Raise

Place the ball against wall at chest height. Step your feet slightly away from the ball, so that you are leaning into the ball. Maintaining a stiff torso, slowly rise up onto your toes. Hold, and then slowly lower down. Repeat.

#### Advanced:

Wrap one foot around the other and rise up on one foot at a time.