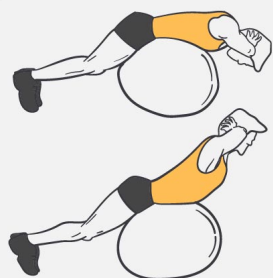# BALL EXERCISE
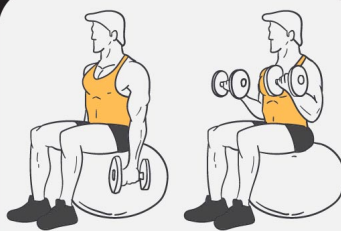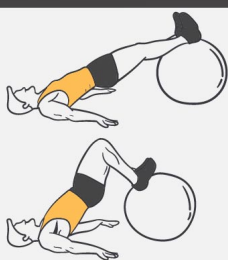## CHART

Stability/Swiss/
Exercise Ball Back
3 sets/12 reps/45 sec rest

Exercise/Swiss Ball
Bicep Curls
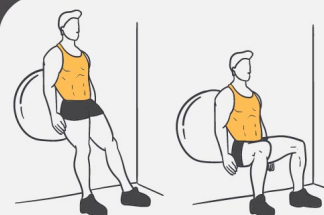**3 sets/10 rep/45 sec rest**

Stability/Swiss/
Exercise Ball Crunches
2 sets/14 reps/45 sec rest

Exercise/Swiss/
Exercise Ball Hamstring Leg
3 sets/12 rep/45 sec rest

Stability/Swiss/
Exercise Ball Dumbbell
3 sets/10 reps/45 sec rest

Exercise/Swiss Ball/
Exercise Ball Squats
2 sets/14 rep/45 sec rest