

# EXERISE BALL WORKOUT

## UPPER BODY

OVERHEAD SQUAT



WALL PUSH UP



LOWER BACK



SIDE CRUNCH

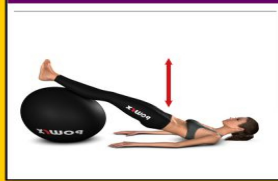


## LOWER BODY

SUPERMAN



BRIDGE



HIPS RAISE



LEGS RAISE



## FULL BODY

ABDUCTOR



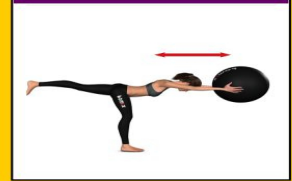
WALL SQUAT



LUNGE + ROTATION



STANDING SCALE

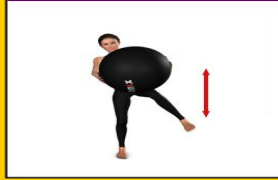


## SPECIAL 1

CHEST PRESS



CROSS KNEE LIFT



HAMSTRINGS



CRUNCH



## SPECIAL 2

BALL CRUNCH



SIDE TO SIDE



SHOULDER STRETCH



COOL DOWN STRETCH

