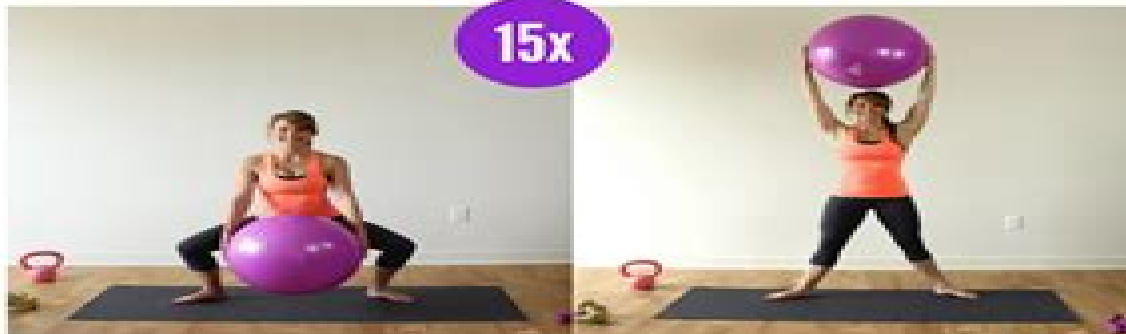


HAVE A BALL TOTAL BODY BLAST

It's time to have a ball!! This stability ball workout will tone and tighten your entire body. Complete 3 rounds of this circuit workout.

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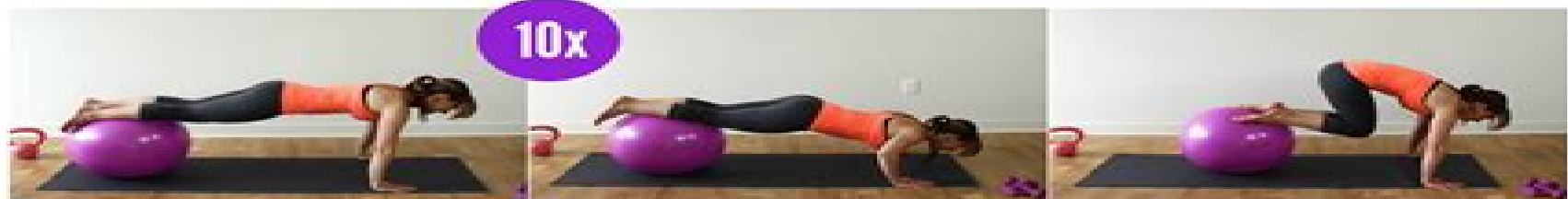
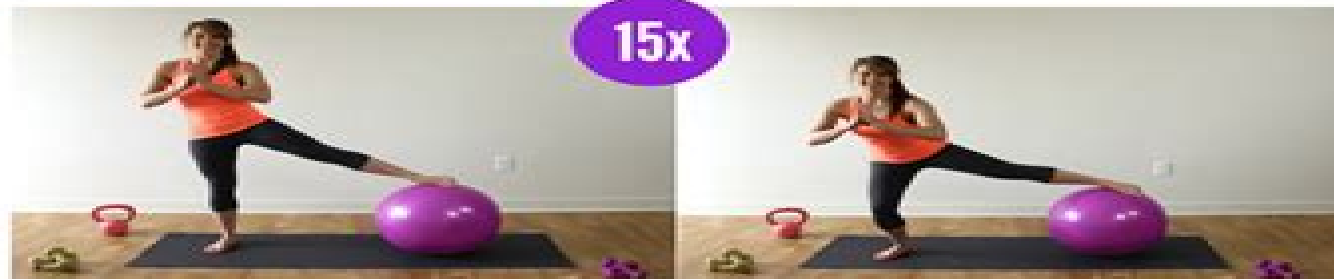


SQUAT & SWING

Start standing with your feet wider than shoulder width apart and your knees and toes turned out. Lower down into a plié squat as you lower the ball towards the floor. Press through your heels to straighten the legs as you raise the ball overhead.

SIDE LUNGE

Stand with your weight in your RIGHT leg and bring your LEFT foot on the ball to the side of you. Lower down as if you were lowering into a side lunge and press through your RIGHT heel to stand back up. Make sure to do both sides!



PUSH UP & TUMMY TUCK

Come into a plank position with the ball under your shins. Making sure the shoulders are directly over the hands lower down and perform push up. Then tuck the knees in to the chest, keeping the shoulders over the hands, and extend back out into a plank.




ARM & LEG LIFTS

Lay over the ball, with little weight in your feet. Keeping your abs tight, raise your RIGHT hand and your LEFT leg at the same time, making sure you stay balanced on the ball. Lower and repeat on the other side.

Exercise Ball Workout

Olivia H. Miller



Exercise Ball Workout:

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