



EXERCISE BALL WORKOUT

MUSCLES

Upper Body



Arms



Back



Abs & Core



Lower Body



PERFORM WORKOUT AS FOLLOWS:

1. Select 1-2 exercises per body part.
2. Perform the rep and set range suggested below.

FITNESS GOAL	REPETITIONS	SETS
Endurance	15-20 reps	1-3 sets
Sculpting	12-15 reps	2-4 sets

UPPER BODY



1. Incline Push-up



2. Decline Push-up



3. One-Leg Push-up



4. Chest Press



5. Incline Chest Press



6. Alternating Press



7. Chest Fly



8. Y-Raise



9. Military Press



10. Lateral Raise

ARMS



11. One-Sided Row



12. Triceps Kick-Back



13. Triceps Extension



14. Hammer Curl



15. T-Raise

BACK



16. Prone Cobra



17. Back Extension



18. Row



19. W-Raise



20. One-Arm Row

ABS & CORE



21. Alt. Arm & Leg Lift



22. Side Crunch



23. Side Flexion



24. Pike Crunch



25. Russian Twist

LOWER BODY



26. Plank



27. Dynamic Plank



28. Roll-Out



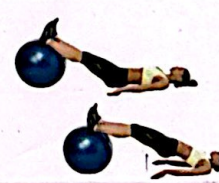
29. Core Press



30. Plank Saw



31. Squat



32. Hip Raise



33. Leg Curl



34. Calf Raise



35. Reverse Hip Raise

REPS

12-20 1-3

SETS

REPETITIONS

SETS

Health & Fitness Made Simple