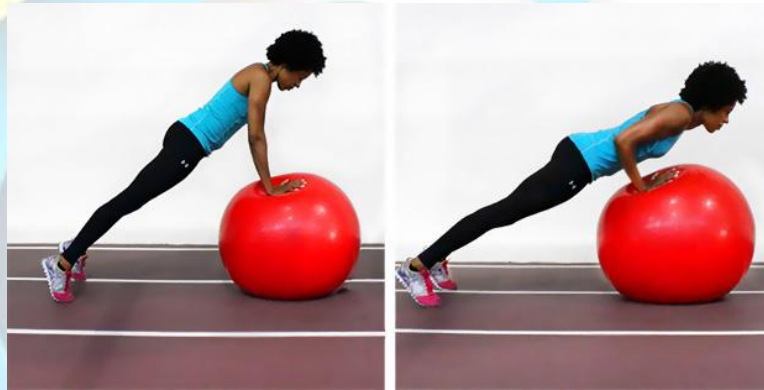


Stability Ball

Exercises (Extras)

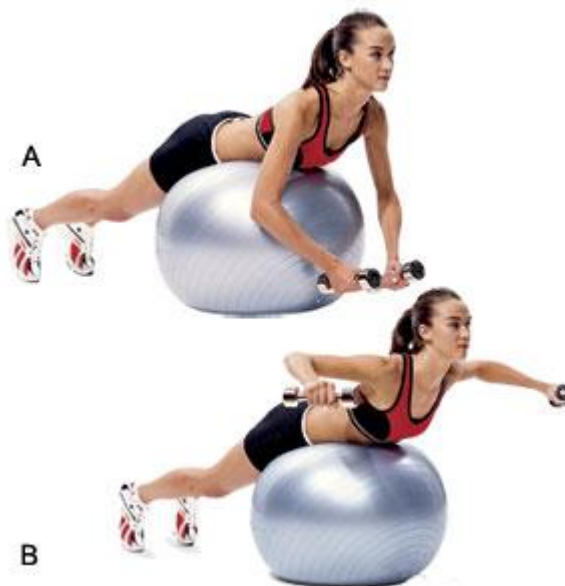
Done 3 times per week

1. **Ball Push-ups**- toes on floor and hands on ball lower to touch chest to ball then rise. Complete 3 sets of 10 each for a total of 30 times.



<http://cdn1.dailyburn.com/life/wp-content/uploads/2013/09/Exercise-Ball-Push-Ups.jpeg>

2. **Reverse Fly** – stomach on ball, feet on floor using desired weight in each hand. Begin with arms dropped on sides of ball then pull weights up so body is lying as a “T” form on the ball. Complete 3 sets of 10 each for a total of 30



times.

http://www.womenshealthmag.com/sites/womenshealthmag.com/files/images/0601_prone_cobra.jpg

3. **Stir in Pot** – body in plank position with feet on floor and forearms on ball with hands clasped. Keeping body still performs 5 clockwise circles with arms only and then rotate in counterclockwise motion. Complete 3 sets of 10 each for a total of 30 times.



<http://www.roypumphrey.com/wp-content/uploads/2014/04/swiss-ball-stir-pot.jpg>

4. **Military Press** – Sitting on ball lift desired weight from shoulders to above head keeping palms forward. Complete 3 sets of 10 each for a total of 30 times.



<http://bretcontreras.com/wp-content/uploads/Seated-Swiss-Ball-Overhead-Press.jpg>

5. **Chair Dips** – using a sturdy chair with arm rests perform dips with feet out on ball. Add a weight to lap for increased difficulty. Complete 3 sets of 10 each for a total of 30 times.



<http://www.skinnymom.com/wp-content/uploads/2013/11/SBBenchDips1.jpg>

6. **Wall Ball Squats** – put ball against the wall and behind your back. Keep a vertical line through hips, shoulders and ears to perform squat. Make sure when you drop that your knees are a 90degree angle as if your sitting in a chair.
- Phase I:** complete exercise with just the ball behind your back
 - Phase II:** complete exercise with desired weights in hands, when in seated position perform overhead presses
 - Phase III:** complete exercise with no weights, squat 1 leg at a time
 - Phase IV:** complete exercise with overhead press with 1 legged squats



<http://www.womenshealthmag.com/sites/womenshealthmag.com/files/images/3rdtri-strength-swiss-slider.jpg>

7. **Abdominal crunches with oblique twist**- The ball is placed under the pelvis and lumbar spine with the torso horizontal to the floor. Rise chest and hand to 3 points (Left, Center and Right). Complete 3 sets of 10 each for a total of 30 times.



<http://www.leanitup.com/wp-content/uploads/2013/04/Exercise-ball-Russian-twist.jpg>

- a. Level II: Use weight in hands, moved from chest then 3 points.

8. **Hip Twister**- Hands on floor, body planked, ball under knees. Lift 1 leg, rotate hips and extend leg to opposite side. Return to start and repeat with opposite leg. Easier-rotation or leg lift only. Tougher-move ball down to feet.



<https://s-media-cache-ak0.pinimg.com/236x/55/b8/72/55b872a17704e4466900aded2a3b821e.jpg>

9. Other miscellaneous exercises that can be added: shrugs, lateral/front raise, bi-tri superset, ball slalom, weighted rotation, full body flexion extension, side planks, supported crunch, walking lunge press.