

**ABS - ADVANCED BALL ROLL**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand 1-2 feet away from an exercise ball with your feet shoulder width apart. Bend forward at your waist and place your hands parallel to each other on the top of the ball. Movement: Inhale as you roll the ball away from you as far as you can while keeping your back and legs straight. Exhale as you pull the ball back in towards your body, returning to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0
Set 2	10		0

**ABS - BALL BASIC AB STRETCH**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Lie on an exercise ball on your stomach with your palms flat on the ball on either side of your chest. Movement: -- Lift up your upper body off of the ball with your arms straightened. Push your head back as far as you can. Hold this position for thirty seconds.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	30		0
Set 2	30		0

**ABS - BALL BRIDGE**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Position your upper back on an exercise ball and place your feet flat on the floor. Movement: - Exhale as you raise your hips up to a level position by squeezing your buttocks and lower back. Hold this position as long as you can. Repeat as required

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0
Set 2	10		0

**ABS - BALL HIP TWISTERS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Get into a push up position with an exercise ball under your lower legs, and your hands flat on the floor. Keep your back straight. Movement: Exhale as you rotate your hips to one side, crossing your legs on the ball. Inhale as you return to the starting position. Exhale as you rotate your hips to the other side, crossing your legs on the ball. Inhale as you return to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0
Set 2	10		0

**ABS - BALL OBLIQUE STRETCH**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Kneel on an exercise matt next to an exercise ball. Movement: Raise your right hand up and over your head and lean your entire upper body down to that side over the exercise ball. Hold this position for thirty seconds.

Set Name

Set 1

Set 2

Reps / Time

30

30

at

at

Weight / Level

0

0