

### WARM UP



Sit on the ball with your thighs parallel to the floor. Bounce gently for 60 seconds.



### ARMS



Kneel on the floor. Hold the ball behind your back. Lift the ball for 10 seconds.



Lie on the ball with your hips supported. Lean forward with your chest until your elbows are flat on the floor. Start pushing up with your arms.



Lie on the ball with your legs supported. Push up with your arms. The closer the ball is to your feet, the harder the exercise.



### ABDOMINALS / OBLIQUES



Lie on the ball at the arch of your back. Cross your hands behind your head. Curl your upper body, squeezing your abdominals.



Lie sideways with your waist and hips on the ball. Lift your upper body using your abdominals.



Lie on the ball at the arch of your back. Cross your arms over your chest. Curl your torso, squeezing your abdominals.



### TORSO



Lie on the floor with your legs on the ball. Lift your hips off the floor until your back is straight. Use your arms to increase stability.



Kneel, with your chest on the ball while interlocking your fingers. Move upward, lifting head and shoulders.



### LEGS / CALVES / THIGHS



Lie on the ball. Lift your right arm and your left leg. Alternate your legs and your arms at the same time, while balancing on the ball.



Lie on the floor. Place your heels on the ball. Roll the ball with your heels until your feet are flat on the ball.



Lie sideways with your upper body on the ball. Stabilize yourself. Lift your leg until it is parallel to the floor.



Sit on the ball with your feet flat on the floor. Raise your heels as high as you can with your toes on the floor.



Lie on the floor with one leg on the ball and your other leg in a 90° angle on the floor. Lean on your forearm for stability. Lift your lower leg a few centimeters off the floor. Keep your hips steady.

