

BALL EXERCISE CHART

STRETCHES



1 QUAD



2 BACK



3 LATS



4 SHOULDERS



5 EXTENSION

UPPER BODY



6 PUSH-UP



7 DEC. PUSH-UP



8 CHEST PRESS



9 ALT. PRESS



10 INC. PRESS

CORE & ABS



11 REV. CRUNCH



12 R. CRUNCH TWIST



13 CRUNCH



14 ROLL-OUT



15 KNEE TUCK



16 RUSSIAN TWIST



17 SIDE ROLL-OUT



18 PLANK



19 Y-RAISE



20 T-RAISE

LOWER BODY



21 HIP RAISE



22 ONE-LEG RAISE



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Exercise Ball Book

Camilla Rothe



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