



# Stability Ball 1

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## Alternating Superman

Lower Back



- 1 - Lie face down on the ball with your hands and feet touching the floor.
  - 2 - Raise one arm and the opposite leg straight up, making a straight line.
  - 3 - Lower both and repeat with the other arm and leg.
- Alternate sides with each rep.

## Arm to Leg Transfer

Abs



- 1 - Lie on your back with your legs straight holding the ball overhead with your arms fully extended.
- 2 - Raise your arms and legs up straight to the middle and transfer the ball from your hands to between your ankles.
- 3 - Lower your arms and legs and repeat in the opposite direction.
- 4 - Transfer the ball back and forth every rep.

## Bicycle Crunch

Abs



- 1 - Lie on your back on a ball with your feet flat and your hands to the sides of your head.
  - 2 - Raise your head and shoulders off the ball and bring one knee towards your chest, twisting your torso and bring the opposite elbow to your knee.
- Lower your upper body back to the ball and leg to the floor and repeat to the opposite side using your other leg.
  - Alternate sides with each rep.

## Front Raise Wall Squat

Combo



- 1 - Stand leaning on a ball against a wall positioned in your low back holding dumbbells at your sides.
  - 2 - Squat down, lowering your body towards the floor, rolling the ball up your back and raise the dumbbells up in front to shoulder height.
  - 3 - Push through your heels and return to the start position.
- Equipment Sub: Plates

## Front Bridge

Lower Back



- Lie face down on the ball with your legs straight and arms tucked in by your sides.
- 1 - Raise your body off the ball, resting on your toes and forearms.
- Hold your body in a straight line with your back neutral/flat, then lower yourself back to the ball and repeat.

## Leg Extension

Legs



- 1 - Sit upright on the ball with your hands on your hips or the sides of the ball and raise one foot slightly off the floor.
  - 2 - Extend this leg straight out in front, bringing the foot up to hip height.
- Lower and repeat with the other leg.
  - Alternate sides with each rep.

## Dip

Triceps



- 1 - Place your hands on the ball behind you with your arms straight, feet flat in front.
- 2 - Lower your body down, bending at the elbows and knees until your lower back touches the ball.
- 3 - Push up, returning to the start position.

## Hip Flexors

Stretch



- 1 - Stand upright with one thigh on top of the ball with your leg straight out behind.
- Lean your weight forward, pushing the leg on the ball back and up.

## Kneeling Oblique Crunch

Abs



- 1 - Lie on your side on the ball with one leg bent and knee on the floor and the other straight out. Place your hands at the sides of your head.
  - 2 - Lift your upper body off ball, bringing your outside elbow down to your side.
- Lower your head and shoulders and repeat.
  - Complete all reps on one side before switching to the other side.