

# Gymball

## WORKOUT CHART

Perform 12-15 reps, rest for 45-60 secs, repeat 1-2 times for a total of 2-3 sets.



### LEGS & GLUTES



#### Abductor Leg Lift

Balance on the ball on your side with your bottom knee bent to 90 resting on the floor, your other leg straight. With your abs tight, engage the abductor muscles by lifting the straight leg up off the floor. Repeat other leg.



#### Abductor Ball Squeeze

Lie on the floor with your knees bent and the ball between your knees. With your abs tight, engage the adductor muscles by squeezing the ball between your knees.

### BUTT/HIPS & LEGS-THIGHS



#### Bridge On Ball

Position your upper back on the ball, hands on hip and knees bent to 90 with feet flat and pointing straight ahead. Keep your abs tight and back straight. Lower your glutes down to the floor then return to starting position.



#### Ball Squat

Place the ball against the wall and stand with your lower back against the ball, feet straight and shoulder width apart, hands on hips. With your abs tight and back straight, lower yourself by bending your knees to 90. Return to the starting position. Repeat.

### BUTT/HIPS & LEGS-THIGHS



#### Hamstring Curl

Lie on the floor with your calves on the ball and hands next to your hips on the floor. With your abs tight and back straight, lift your glutes off the floor, engage the hamstring muscles by rolling the ball towards your glutes.



#### One-leg Squat Foot on Ball

Stand in front of the ball. Place one foot on the ball with leg extended and hands on your hips. With your abs tight and back straight, lower yourself down by bending your knee to 90. Repeat other leg.



#### Overhead Squat with Ball

Stand with your feet straight, shoulder width apart. Hold the ball overhead with your arms straight. With your abs tight and back straight, lower yourself down by bending your knees to 90 without letting the knees go past your toes.



#### Squatto Front Raise

Stand with your feet straight, shoulder width apart while holding the ball in front of you at shoulder level. With your abs tight and back straight, lower yourself down by bending your knees to 90 without letting the knees go past your toes. Return to the starting position.

### CHEST



#### Close Grip Push-Up

Place both knees on stability ball, both hands on the floor close to each other. With your abs tight and back straight, lower your chest to the floor keeping the elbows wide, push back up to the starting position.



#### Push-Up Knee on Ball

Place both knees on stability ball, both hands on the floor slightly wider than shoulder width apart. With your abs tight and back straight, lower your chest to the floor keeping elbows wide, push back up to starting position.

### LEGS



#### Triceps Dip on Ball

Place stability ball against sofa or wall, place both hands near hips supporting your weight. With feet out in front and knees slightly bent, bend at elbows to lower yourself, feeling a stretch in triceps. Return to starting position and repeat.



#### Triceps Press Thigh on Ball

Place your thighs on the ball and your hands right below your shoulders with your arms straight. Tighten your abs and engage the triceps by bending your elbows and keeping them close to your sides. Return to starting position and repeat.

### ABS, BACK & BUTT/HIP



#### Bridge Feet on Ball

Lie on the floor with your heels on the ball, hands next to your hips on the floor. With your abs tight and back straight, engage the glutes by lifting your glutes and hips toward the ceiling.

### BACK & SHOULDER



#### Ball Combo

Lie face down with your abs on the ball and your arms straight down. Place hands on the floor in front of the ball. Begin by lifting your hands off the floor, bending your elbows to 90, rotate your hands up to the sides of your head keeping your palms facing down, straighten your arms so that you create a straight line with your body. Return to the starting position by back tracking.



#### Ball Cobra

Lie face down with your abs on the ball and your arms straight down. Place hands on the floor in front of the ball. Begin by lifting your arms straight to shoulder level looking like a "Y" palms facing each other. Now, slightly lift your chest up, bring your arms straight back with your thumbs up and palms facing forward so that you create a straight line with your body. Return to the starting position.

### ABS



#### Spinal Balance

Get on your hands and knees with the ball under your abs. Begin the movement by pulling in your abs; raise one arm straight forward and raise the opposite leg straight back. Repeat and switch.



#### Ball Transfer

Lie with your back on the floor and arms straight above your head, legs straight with the ball between your ankles. Engage the abs by lifting the ball with your legs and transfer to your hands at the top. Lower your legs back down with the ball in your hands. Return to starting position and repeat.



#### Sit Ups/Crunches

Lie with the middle of your back on stability ball, knees bent to 90; arms folded in front of chest, behind head or straight above head. Contract your abs by lifting your upper body. Repeat.



#### Lying Trunk Rotation

Lie with the middle of your back on stability ball, knee bent to 90 hands behind head. Lift your back off the ball and bring left elbow to the opposite side. Alternate each side.



#### Ball Crunch with Ball Between Feet

Lie with your back on the floor and your hands at your ears. Position your legs straight in the air with the ball between your calves. Engages the abs by lifting your back off the floor, do not pull on your head. Repeat.

