
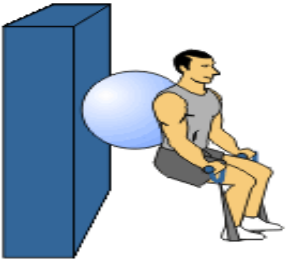
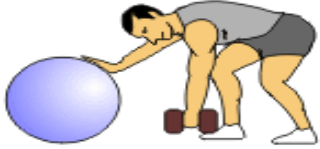
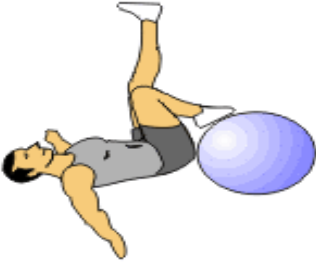

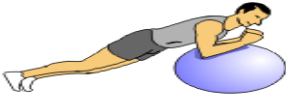
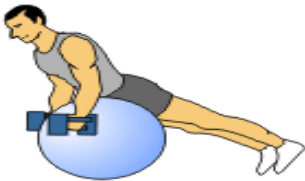
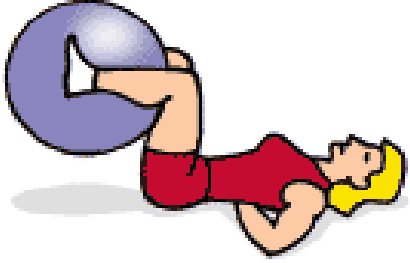





Stability and Balance

full body workout

Exercise		Sets	Reps
<p><u>Dumbbell Press on Ball</u></p> <p>1) Sit in upright position on ball with feet flat on floor and DB in each hand. (You may rest each DB on the corresponding thigh.)</p> <p>2) Walk feet forward allowing ball to roll underneath body until it is positioned on mid to upper back region (you may rest head on ball). Raise hips to create a “table top” position parallel to floor.</p> <p>3) Start position: Maintaining stability, bring DB’s to shoulders and press up positioning DB’s above the chest with palms facing forward.</p> <p>4) Lower the DB’s keeping your forearms perpendicular to the floor and your hands aligned at the nipple line.</p> <p>5) Let your upper arms go slightly past parallel to the floor and press the DB’s up to the start position.</p> <p>6) Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position. If maintaining stability is difficult, lower hips below parallel until stability is established.</p>		1	12-15
<p><u>Wall Squat Hold with resistance</u></p> <p>1. Start by placing the ball behind the small of your back and stand on the resistance band.</p> <p>2. Squat down to a parallel position and continue to keep tension on the band.</p> <p>3. Hold this position for the recommended time and then repeat.</p> <p>Trainer's comments: You may substitute dumbbells to replace the bands for added resistance.</p>		1	12-15
<p><u>DB bentover row with ball</u></p> <p>1) Stand with feet hip width and knees slightly bent.</p> <p>2) Start position: Bend at hips with back straight and knees bent . Take one hand and place on ball that is approximately waist height to support upper body. Hold DB in other hand with a neutral grip and let arm hang straight down (perpendicular to floor).</p> <p>3) Keeping elbows close to body, pull DB up to body and squeeze shoulder blades together at top of movement.</p>		2	12-15

<p>4) Return to start position.</p> <p>5) Remember to keep back and head straight - hyperextension, flexion, or trunk rotation may cause injury.</p>		<p>3 12-15</p>												
<p>Single Leg Curl (on ball)</p> <p>1) Assume back lying position on floor. Place hands at sides with palms down on floor.</p> <p>2) Start position: Place heel of one foot on top of Flexaball. Other leg should be held in the air above ball. Raise hips off floor by pushing heel down into ball.</p> <p>3) Curl ball towards glutes by flexing at the knee. Hips should remain off floor.</p> <p>4) Return to start position.</p> <p>5) Remember to maintain stability of ball by utilizing muscles in the trunk and core. To increase difficulty, raise hands up over chest.</p>		<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>12-15</td> </tr> <tr> <td>2</td> <td>12-15</td> </tr> <tr> <td>3</td> <td>12-15</td> </tr> </tbody> </table>	Sets	Reps	1	12-15	2	12-15	3	12-15				
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2	12-15													
3	12-15													
<p>Lateral Raise</p> <p>1) Stand with feet shoulder width apart or sit on bench in upright position.</p> <p>2) Start position: Grasp DB's with a neutral grip (palms facing each other). Arms should hang down at sides with elbows slightly bent.</p> <p>3) Raise DB's to side of body at shoulder height keeping elbows only slightly bent.</p> <p>4) Return to start position.</p> <p>5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.</p>		<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>12-15</td> <td>~</td> </tr> <tr> <td>2</td> <td>12-15</td> <td></td> </tr> <tr> <td>3</td> <td>12-15</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Time	1	12-15	~	2	12-15		3	12-15	
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<p>Elbow Bridge</p> <p>Starting Position: Place forearms and elbows on the ball and form a plank or bridge position.</p> <p>Hold for the prescribed number of seconds. You should feel your abdominals working during this exercise.</p>		<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> </tbody> </table>	Sets	Reps										
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<p>Reverse Fly with Cobra</p> <p>1. Start by lying face down on the ball below your abdomen and hold dumbbells down towards the ground.</p> <p>2. Slowly arch your lower back and hold this position. While holding this position bring the dumbbells out and up until parallel with your shoulders.</p> <p>3. Pinch your shoulder blades in towards your spine while doing this.</p>		<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>12-15</td> </tr> <tr> <td>2</td> <td>12-15</td> </tr> </tbody> </table>	Sets	Reps	1	12-15	2	12-15						
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4. Return to the starting position and repeat for the recommended repetitions.		3	12-15
<p>Reverse Curl</p> <p>1) Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air holding onto a ball. Position arms at sides with palms down on floor.</p> <p>2) Leading with the heels towards the ceiling, raise glutes (butt) off floor or bench.</p> <p>3) Return to start position.</p> <p>4) Remember keep legs from swinging to prevent momentum throughout the exercise.</p>		<p>Sets</p> <p>1</p> <p>2</p> <p>3</p>	<p>Reps</p> <p>15-20</p> <p>15-20</p> <p>15-20</p>
<p>DB tricep extensions on ball</p> <p>1) Sit in upright position on a ball.</p> <p>2) Start position: Lie onto back and bring the dumbbells to your chest. Press dumbbells up so that the dumbbells are directly over upper chest.</p> <p>3) Lower dumbbells toward forehead by bending elbows to 90°. Elbows should remain pointing forward.</p> <p>4) Return to start position.</p>		<p>Sets</p> <p>1</p> <p>2</p> <p>3</p>	<p>Reps</p> <p>12-15</p> <p>12-15</p> <p>12-15</p>
<p>DB preacher curls on ball</p> <p>1. Kneel on one knee and place one arm over the stability ball.</p> <p>2 Your tricep should be resting against the ball.</p> <p>3. Curl the dumbbell up and then extend until your arm is almost completely extended. Stop just short of locking out your elbow.</p> <p>4. Repeat for the prescribed reps and then repeat with the other arm.</p>		<p>Sets</p> <p>1</p> <p>2</p> <p>3</p>	<p>Reps</p> <p>12-15</p> <p>12-15</p> <p>12-15</p>
<p>Calf raises on ball</p> <p>1. Lie on your back on the ball and have your knees bent at 90 degrees.</p> <p>2. Holding this position raise your heels off the ground until your ankles are fully extended.</p> <p>3. Return to the starting position and repeat.</p>		<p>Sets</p> <p>1</p> <p>2</p> <p>3</p>	<p>Reps</p> <p>12-15</p> <p>12-15</p> <p>12-15</p>

