# Stability Ball Exercises

Directions: Complete 8-12 repetitions each exercise, except planks and stretches

#### 1. Trunk side to sides





#### 2. Trunk Rotations



#### 3. Crunches







#### 4. Hip Thrusts







#### 5. Wall Squats







## 6. Opposing Arm and Leg Supermans







#### 7. Push Ups







## 8. Plank on knees (hold for as long as you can) or toes (harder)





## 9. Glute Lifts







This information is provided for educational purposes only. Participation in any training or group exercise program may increase the risk of injury. Consultation with a physician or other health care professional is recommended before starting this or any other exercise program to determine if it is right for your needs.

#### 10. Overhead lifts







## 11. Bridge



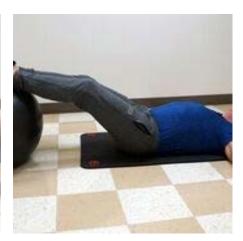




#### 12. Hamstring curls







#### 13. Ball Pass





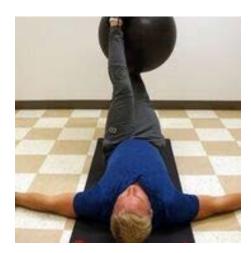


## 14. Windshield Wipers





#### 15. Ball Twist





#### Stretches

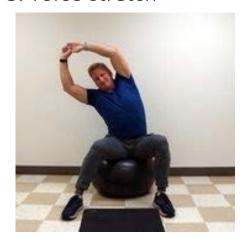
# 1. Bridge Stretch



## 2. Collapsed Superman stretch



## 3. Torso stretch





#### Harder Variations

## 1. Harder Push Ups





## 2. Even Harder Ball push ups







#### 3. Pike (harder jack-knife)





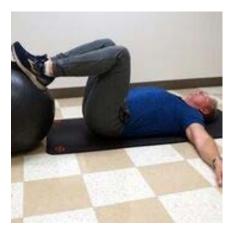


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## 4. Harder Bridge







5. Harder Windshield Wiper







6. Lower Ab Crunch







#### 7. Russian Twist

