

Stability Ball Exercises

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

1. Trunk side to sides



2. Trunk Rotations



3. Crunches



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.

4. Hip Thrusts



5. Wall Squats



6. Opposing Arm and Leg Supermans



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7. Push Ups



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



9. Glute Lifts



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10. Overhead lifts



11. Bridge



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12. Hamstring curls



13. Ball Pass



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14. Windshield Wipers



15. Ball Twist



Stretches

1. Bridge Stretch



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2. Collapsed Superman stretch



3. Torso stretch



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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



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7. Russian Twist



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