

# Stability Ball Workout

## Wall Squats

1. Begin by placing your stability ball against a wall, and, while standing upright, lean against the ball with your back. Your feet should be slightly out in front of you and approximately shoulder width apart.
2. Using a controlled motion, lower your self until the top of your thighs are parallel to the floor.
3. Slowly return to the standing upright position by pressing your feet into the floor and pushing your body back to upright.



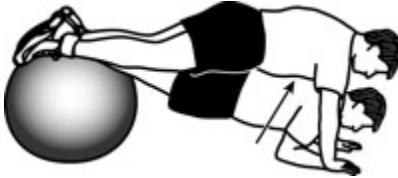
## Back Extensions

1. Begin by kneeling on the floor in front of stability ball and lie face down so that the ball is at your upper abdominal region. Your head should be facing the floor.
2. Cross your hands over your chest, and raise your torso approximately six inches.
3. Hold for a count, then slowly and under control, lower your torso to the starting position.



### **Push Ups with Hands on Floor**

1. Start by positioning yourself in the standard push-up position, with your hands slightly wider than shoulder width. Place your feet on top of your exercise ball.
2. Slowly lower yourself to the ground until your chest nearly contacts the floor.
3. Perform a push-up by pressing yourself from the floor back to the starting position



### **Oblique Crunches**

1. Begin by kneeling down on one knee beside the exercise ball with the knee that is on the floor next to the fitness ball.
2. Carefully lie sideways over the stability ball. Your bottom arm (arm closest to the ball) should be bent with your hand behind your head and your top arm (arm farthest from the ball) can either be in the same position (hand behind head) or lying on your side. Having your top hand behind your head makes the exercise more difficult.
3. Slowly raise your body upward by lifting your shoulder, pushing your hips into the ball and pulling with your obliques, making sure not to twist your body.
4. Squeeze your obliques for a count and then slowly lower yourself back to the starting position.



## **Stationary Lunges**

1. Start with a large stability ball behind you. Carefully place a leg on the ball. Your shin should be in contact with the top of the ball. Place your front leg as far out in front of you back leg as you can while maintaining your balance and comfort. Your front foot should be planted firmly on the floor.
2. To perform this stability ball exercise, lower yourself by slowly bending your front leg until the top of your leg is parallel to the floor. Be sure to keep your back leg firmly on top of the stability ball throughout the movement.
3. Finish the repetition by returning to the starting position.
4. Repeat the movement, performing the required number of reps. Repeat with the opposite leg on the ball.



## **Crunch**

1. Start by sitting on the exercise ball as if you were sitting on a chair. Slowly lean back and walk your feet forward until the ball is positioned on your lower back region and you are looking toward the ceiling. The top of your legs should be parallel to the floor.
2. Cross your hands on your chest and keep your head in a neutral position looking forward (toward the ceiling). Your chin should not touch your chest at any point during this exercise.
3. Raise your torso by contracting your abdominals to perform the crunch.
4. Hold for a count, squeeze your abdominals, and return to starting position.

