

Intensity

Reps: 15

Sets: 3 sets per exercise

Load: **BODYWEIGHT**

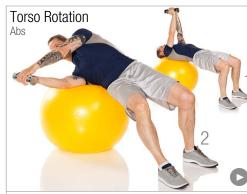
Rest: 60 seconds between sets

For each exercise, perform 3 sets of 15 repetitions, resting 60 seconds between sets

Use your own bodyweight as resistance.



- 1 Lie with the center of your back on the ball, hands at the sides of your head and your feet flat, knees bent.
- 2 Lift your head and shoulders off the ball, contracting your abdominal muscles and do not pull your head up with your hands.
- Lower your head and shoulders and repeat.



- 1 Lie with the center of your back on a ball holding one dumbbell in both hands and your arms extended straight up over your chest.
- 2 Rotate your body to one side, moving across your shoulders and keeping your arms straight.
- · Rotate to the other side
- · Alternate sides with each rep.

Equipment Sub: Plate, Med Ball



- 1 Lie on your back with your legs straight up in the air with the ball between your feet and your hands by your sides.
- 2 Push your feet up towards the ceiling, raising your hips off floor.
- Lower your hips back to the floor and repeat.



- 1 Lie on your side on the ball with one leg bent and knee on the floor and the other straight out. Place your hands at the sides of your head.
- $2\,\text{-}$ Lift your upper body off ball, bringing your outside elbow down to your side.
- · Lower your head and shoulders and repeat.
- Complete all reps on one side before switching to the other side.



- \bullet Place your hands on a ball with your arms straight and legs straight out behind, resting on your toes.
- $1\,\textsc{-}$ Bring one knee in toward the ball, keeping the rest of your body in the push up position.
- $\ensuremath{\text{2}}$ Straighten this leg and repeat on the other side.
- \bullet Keep your back flat and your hips in line with your shoulders throughout.



- Start on all fours with the ball behind you.
- $\ensuremath{\mathsf{1}}$ Place your hands on the floor in front and your feet on the ball behind.
- 2 $\mbox{\rm Drag}$ the ball towards your body, bringing your knees into your chest.
- Return to the straight position.



- 1 Lie with your back on the ball with your hands by your sides, feet flat and knees bent.
- ${\bf 2}$ Raise one foot off the floor and extend the leg straight out in front.
- Complete all reps on one side before switching to the other side.