

GET ON THE BALL

Strength Training with Stability Balls

CHEST:

Push-up



getting into position

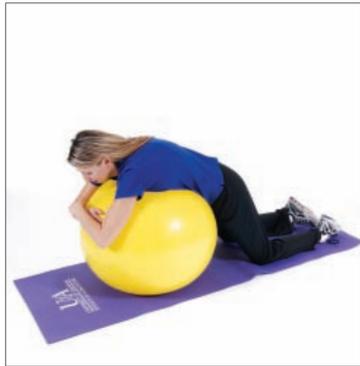


Chest Press



CORE:

Back Extension



Abdominal Curl



getting into position

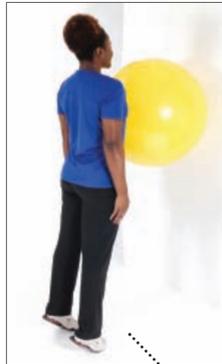
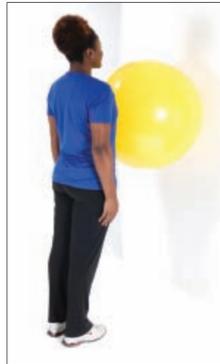


LEGS:

Ball Squat



Calf Raise



Knee Extension

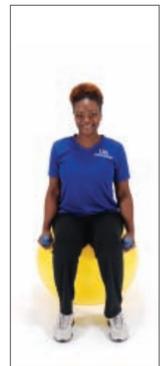


SHOULDERS:

Overhead Press



Side Lateral Raise

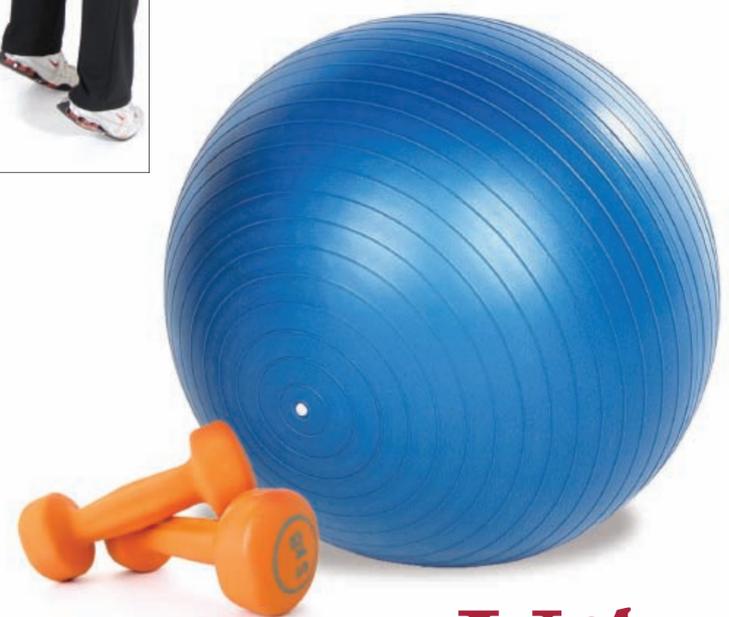
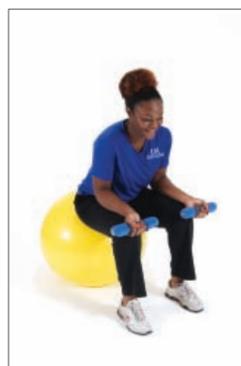


ARMS:

Bicep Curl



Wrist Curl



Fit In 10

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