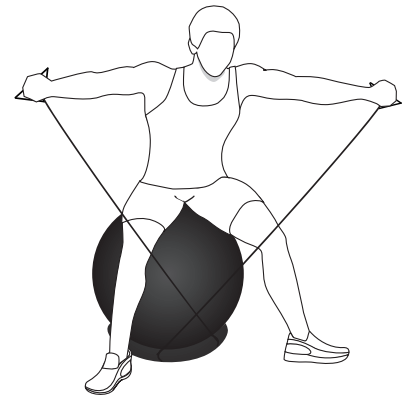


# Exercise Ball Workouts



Front & Back

**Chest Press**

Front

**Shoulder Press**

Back

**Crossover**

Front

**Side Crunch**

Front

**Ab Curl**

Front

**Half Roll Back**

Back

**Reverse Fly**

Front & Back

**Row**

Front

**T Stabilization**

Front & Back

**Decline Push-Up**

Front & Back

**Knee Tuck**

Front & Back

**Swivel**