

Fitness Ball Total Body Workout

WARM UP & STRETCH

Warm-Up Chop

Stand with feet shoulder width apart. Hold the ball overhead with both arms up. Bend at the knees and waist. Bring the ball down with both hands. Return to the starting position. Repeat.



Warm-Up Twist

Stand with feet shoulder width apart. Hold the ball out in front of torso with extended arms. Twist torso, moving ball to one side of the body. Pause and twist to the opposite side. Repeat.



Hamstring Stretch

Sit on the edge of the ball with feet on the floor and legs bent. Slowly straighten legs while gently leaning forward, keeping your back straight and chest up. Return to the starting position. Repeat.



Hip Flexor Stretch

Place one foot on the ball, using the wall for balance. Tighten your abdominal muscles and buttocks as you roll the ball back and straighten your back leg. Repeat with other leg.



Side Stretch

Kneel with the ball at your side. Bend the inside knee and extend the outside leg. Place inside arm on ground over the ball for balance. Reach outside arm over ear and gently arch over the ball. Keep body straight and hold. Repeat on other side.



Back Roll

Lie on the ball with buttocks just off the ball and feet on the floor with knees bent at 90°. Place hands behind the head, keeping elbows wide. Slowly push out by straightening the legs while arms reach long. Slowly roll up and return to the start position. Repeat.



CORE

Alternate Arm & Leg Lift

Place hands on the floor in front of the ball. Support body on the ball. Extend legs. Lift one arm and hold as you lift opposite leg. Alternate with opposite arm and leg.



Back Extension

Kneel facing the ball with legs out straight behind you. Hold the ball steady while you rest your torso on the ball. Slowly lift chest up off the ball. Lower body to the starting position. Repeat.



Abdominal Crunch

Sit on the center of the ball. Walk feet out and plant feet for balance. Slowly lower shoulders and upper back, tightening abdominals. Slowly lift body up to the starting position. Repeat.



Bridge

Lie on your back and rest calves on the ball. Lift lower back and buttocks off the floor. Keep shoulders flat on the floor. Hold straight position, then lower body. Repeat.



Knee Tuck

Kneel in front of the ball, placing your chest on the ball, with your hands on the floor in front of you. Slowly walk hands out until the ball reaches your feet. Keep neck in a neutral position. Tighten your abdominal muscles and pull your knees toward your chest. Hold. Return to the starting position. Repeat.



Plank

Start in the kneeling position facing the ball. Lean forward and press forearms on top of the ball. Tighten abdominal muscles. As you press down on the ball with forearms, lift knees off the ground, hovering body over the floor as you maintain a neutral position. Hold.



LOWER BODY

Wall Squat

Stand with feet shoulder width apart. Place the ball between lower back and wall. Bend the knees and squat. Knees should not extend past the feet. Hold, then slowly raise body to the starting position. Repeat.



Thigh Lift

Lie flat on your side with the ball between your calves. Keep legs straight and extended. Raise both legs up towards the ceiling. Slowly lower legs to the starting position. Repeat.



Leg Extension

Sit on the ball with knees bent, feet flat on the floor. Straighten one leg and point toe. Lift straightened leg as high as you can comfortably while maintaining a straight back. Slowly lower leg. Repeat and alternate with opposite leg.



Hamstring Curl

Start lying on back with feet and calves on the ball and legs extended. Pressing arms into the floor, tighten abdominal muscles and buttocks and raise hips off the floor. Holding body in a straight line, bend your knees as you pull the ball towards buttocks. Return to extended legs. Repeat.



Lunge

Place one foot on the ball, using the wall for balance. Tighten stomach muscles as you bend your knees to a squat position. Make sure that your front knee is not over your toe in the down position. Press yourself up into the starting position. Repeat.



Calf Raise

Place the ball against the wall at chest height. Step your feet slightly away from the ball so that you are leaning into the ball. Maintaining a stiff torso, slowly rise up onto your toes. Hold, and then slowly lower down. Repeat.



UPPER BODY

Push-Up

Place torso on the ball with hands on floor. Walk out on hands and allow the ball to roll underneath until knees rest on the ball. Bend elbows and lower the body. Repeat.



Tricep Press

Place the ball against the wall with hands approximately shoulder width apart and arms almost straight. Take a step back so that you are leaning against the ball. Slowly bend elbows to 90°, keeping elbows close to your side. Slowly press back to extended arms. Repeat.

