



# Stability Ball, BASE & RESISTANCE CORD SET

## EXERCISE INSTRUCTION

- As a warm-up before each exercise session, perform each selected exercise 3–5 times without the Stability Ball, Base & Resistance Cord set.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each exercise session.

## TRUNK CURL



**START:** Lie with low back on top of ball. Bend legs, position feet flat on floor shoulder-width apart. Bend arms and place hands behind head.

**FINISH:** Keep ball stationary, tighten abdominal muscles, slowly raise head and shoulders up and forward while pulling ribs down toward hips. Hold 1–2 seconds and slowly return to start position.

## KICK-BACK LUNGE



**START:** Stand and balance on one leg. Bend opposite leg and position top of foot on top of ball. Stand upright and straighten arms along sides of body.

**FINISH:** Press top of foot into ball; slowly straighten leg behind body and roll ball across floor while bending opposite leg and arching low back. Hold 1–2 seconds and slowly return to start position.

## PLANK MOUNTAIN CLIMBER



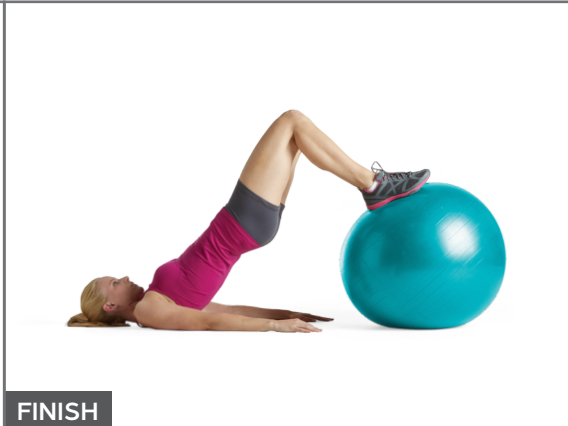
**START:** Bend arms and place elbows and hands on top of ball. Straighten legs and position toes on floor hip-width apart.

**FINISH:** Keep ball stationary, tighten abdominal muscles, lift foot off floor, slowly bend leg and bring knee toward ball. Hold 1–2 seconds, slowly return to start position, and repeat with opposite leg.



# Stability Ball, BASE & RESISTANCE CORD SET

## LEG CURL



**START:** Lie on back on floor, position heels on top of ball hip-width apart with arms straight on floor along sides of body. Tighten low back and buttocks, and slowly lift hips upward while arching low back and straightening body.

**FINISH:** Press heels into ball, lift hips upward and slowly bend legs while rolling ball across floor and bringing heels toward buttocks. Hold 1-2 seconds and slowly return to start position.

## CHEST PRESS



**START:** Lie with upper back on top of ball. Bend legs, position feet flat on floor shoulder-width apart. Grasp one handle in each hand and bend arms with palms facing away from you.

**FINISH:** Keeping body steady and feet flat on floor, push arms up above you until straight. Hold 1-2 seconds, slowly return to start position, and repeat.

## BICEPT CURL



**START:** Sit on ball and bend legs with feet flat on floor, hip-width apart. Grasp one handle in each hand, palms up, forearms parallel to thighs.

**FINISH:** Keeping arm bent, lift one arm up until upper arm is parallel to thighs. Hold for 1-2 seconds, then slowly return that arm to start position as you lift up the opposite-side arm and hold it for 1-2 seconds. Slowly return that arm to start position and continue repeating with alternate arms for desired number of repetitions.