

EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.

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- 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 or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

Before beginning this or any other exercise program, you should always consult with your doctor or physician.

BENT OVER ROW



Start: Stand with feet shoulder-width apart, bend knees and hinge forward at the hips with back parallel to floor and abdominal muscles tight. Grasp ball; straighten arms directly below shoulders with back straight and head up.

Finish: Slowly bend arms, lift elbow up and back to one side of body while rotating trunk and upper body in the same direction. Keep lower body and head stationary with abdominal muscles tight. Slowly straighten arms, return to start position and repeat.

SQUAT PRESS



Start: Stand with feet shoulder-width apart, toes pointed outward slightly, bend knees and hinge slightly forward at the hips. Grasp ball, bend arms and position hands in front of chest with head over shoulders.

Finish: Straighten legs and push hips forward while extending arms over head. Keep back straight, head over shoulders and abdominal muscles tight. Bend legs, return to start position and repeat.

LUNGE TWIST



Start: Stand with feet hip-width apart and bend knees slightly. Grasp ball, bend arms and position hands in front of stomach.

Finish: Step forward and bend front leg while rotating trunk and upper body to same side. Keep arms bent and hands at waist height. Straighten front leg, return to start position and repeat.

EXERCISE GUIDE

PUSH-UP



Start: Lie face down on floor, straighten body, extend legs and place feet hip-width apart with toes on floor (bent knees and position on floor if desired). Grasp ball, straighten arms and position hands directly below shoulders.

Finish: Slowly bend arms and lower chest toward ball while keeping body straight and head aligned with shoulders. Slowly straighten arms, return to start position and repeat.

SIT-UP TWIST



Start: Sit on floor; position legs out in front of body with knees bent and heels on floor. Grasp ball, bend arms and position hands in front of stomach. Lean upper body back in partial sit-up position and tighten abdominal muscles.

Finish: Slowly rotate trunk and upper body to one side of body and touch ball to floor while maintaining partial sit-up position with abdominal muscles tight. Slowly rotate, return to start position and repeat.

STRAIGHT ARM SIT-UP



Start: Lie on back on floor, bend knees and position feet flat on floor. Grasp ball and straighten arms over head with hands on floor.

Finish: Slowly lift and raise upper body up and forward toward legs while keeping arms straight over head. Keep lower body stationary and head over shoulders. Slowly lower the upper body to floor, return to start position and repeat.