

Week One

Day Four

It's day 4 and we're changing things up again today with the introduction of the exercise ball.

We'll target the upper and lower extremities and also the muscles of the core.

Part 1 - 5 minutes warm-up - pop squats, arms swings, butt kicks

Part 2 - Circuit

Workout: Instructions:

Start with one set of 10 repetitions for each exercise. Perform each repetition slowly, particularly on the return movement. Remember to exhale on exertion and to maintain proper posture during the exercise

1. Bridge on Ball

Instructions:

Begin in bridge position with ball under back and knees bent at 90 degrees. Slowly lower hips by bending knees. Keep neck and pelvis in neutral position. Return to starting position by extending hips. Don't allow ball to move.

2. Front Ball Squat

Instructions:

Stand with your exercise ball in your outstretched arms. Place your feet a shoulder-width apart. Squat down by bending your hips and knees while keeping your back straight. Hold and slowly return.

VARIATION: Perform squat on one leg.

3. Hamstring Curl

Instructions:

Lay on back with ball under ankles. Dig heels into ball and pull ball backwards by bending knees and lifting hips off mat. Hold and slowly return.

4. Shoulder Lifts on Ball

Instructions:

Lay on ball. Keep back in neutral position. Slowly lift arm forward, keeping elbow straight. Hold and return; repeat on other side. Keep ball steady.

5. Sitting Obliques

Instructions:

Begin sitting on ball and lift up on toes. Lean backward on ball as you round your back, keeping your abdominals tight. Reach one arm outward and upward, keeping your trunk straight. Hold and then slowly lower your arm. Repeat with other side. Don't allow ball to move.

6. Abdominal Curl Ups

Instructions:

Place the ball under the small of your back in the bridge position with knees at 90 degrees. Lift your trunk upward, contracting your abdominals. Keep your pelvis in neutral. Do not allow the ball to move. Alter hand positions to change the challenge of the exercise.

Abdominal on the floor Curl Ups

Instructions:

Lay on on the floor with the ball positioned in the small of your feet. Keep your knees bent to 90 degrees. Cross your arms over your chest and lift your trunk upward until your shoulder blades come up off the floor. Hold and slowly return.

TIP: Don't let the ball move under your feet.

VARIATION: Change the position of your hands to behind the head to increase the challenge.