

Core Strength

Chest Flye

Chest (stability ball)

- 1) Sit in an upright position on the stability ball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on mid to upper back region (you may rest your head on the ball). Raise your hips to create a "table top" position parallel to floor.
- 3) Start position: Maintaining stability, bring DB's to shoulders and press up positioning DB's above the chest with palms facing each other (neutral grip).
- 4) Keeping the elbows slightly bent, lower the DB's out and away from each other in an arcing motion with hands aligned with the nipple-line.
- 5) Let your upper arm go parallel to slightly past parallel to the ground before returning to the start position.
- 6) To end the exercise, place the DB's on shoulders, lower hips to floor, and then place DB's on floor.
- 7) Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position.



DB Overhead Triceps Extension



Triceps (stability ball)

Instructions:

- 1) Sit with feet shoulder width apart in an upright position.
- 2) Start position: Grasp DB and place palms on inner side of weight plate as shown. Press DB directly overhead (now palms are up).
- 3) Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout the movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight - hyperextension or flexion may cause injury.
- 6) To add intensity to the exercise bring feet together so they are touching. This will decrease your center of gravity and make your core work harder to stabilize the upper body.

DB bicep curl on ball

Biceps (stability ball)

Instructions:

1. Start by placing knees on top of the stability ball and balance on your shins.
2. Holding a dumbbell in each hand perform a curl to shoulder height.
3. Keep your elbows next to your sides and return to the starting position.
4. Repeat according to the prescribed repetitions.



Hip Bridge on Ball



Glutes (stability ball)

Instructions:

- 1) Assume back lying position on floor. Place hands at sides with palms down on floor.
- 2) Start position: Place heels on top of Flexaball with knees slightly bent.
- 3) Raise hips off floor by pressing heels into ball.
- 4) Return to start position.

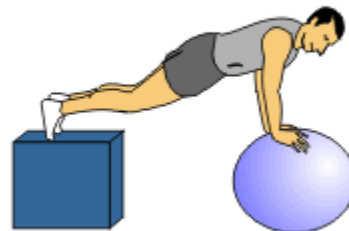
Elevated Feet Pushup

Full Body (stability ball)

Instructions:

- 1) Lie face down on a ball with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
- 2) Place hands slightly wider than shoulder width
- 3) Start position: Extend your arms and place feet at hip width with toes positioned onto a secure bench or chair.
- 4) Lower your body (legs, hips, trunk, and head).
- 5) Return to the start position by extending at the elbows and pushing the body up.

Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.



Lateral Raise



Shoulders (stability ball)

Instructions:

- 1) Stand with feet shoulder width apart or sit on bench in upright position.
- 2) Start position: Grasp DB's with a neutral grip (palms facing each other). Arms should hang down at sides with elbows slightly bent.
- 3) Raise DB's to side of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

Prone Hamstring Curl with Ball

Hamstrings (stability balls)

Instructions:

1. Lie on your stomach and place a stability ball between your legs and hold it with the inside of your lower leg.
2. Curl your legs up while holding the ball until the ball reaches your butt.
3. Return to the starting position and repeat.



Prone Row with Ball

Lats (stability ball)

Instructions:

1. Lie face down on a stability ball so that the ball is under your lower abdomen.
2. Holding two dumbbells row them up towards your shoulders keeping your elbows out wide and back staying flat.
3. Remember to pinch your shoulder blades together as you row and keep your upper body stable.



Pull Over

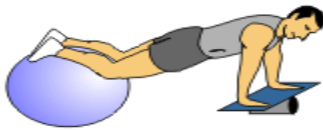
Chest (stability ball)

Instructions:

- 1) Sit in upright position on the stability with feet flat on floor.
- 2) Walk feet forward allowing the ball to roll underneath body until it is positioned on mid to upper back region (you may rest head on the ball). Raise your hips to create a "table top" position parallel to floor.
- 3) Place dumbbell on chest with handle perpendicular to chest. Grasp DB as shown.
- 4) Start position: Extend elbows and raise DB even with the eye-line.
- 5) With elbows slightly bent, lower DB back even to slightly below head level.
- 6) Return to start position.



Pushup with med ball and balance board



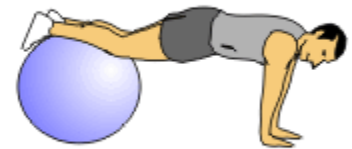
1. Start by placing your feet on a balance board and a hand on each medicine ball.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Pushups with feet on stability ball

Chest (stability ball)

Instructions:

- 1) Lie face down with chest on the stability ball.
- 2) Take your hands and walk forward, allowing the ball to roll under your body until the top of your feet are supported by the ball.
- 3) Start position: Place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line. Remove one foot and suspend it 4-6 inches above the ball.
- 4) Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor.
- 5) Return to the start position by extending at the elbows and pushing the body up.
- 6) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.



Reverse Wood Chop with bands or cable



1. Start by standing parallel to the band or cable.
2. Hang onto the handle in front of your body. Keeping your arms semi straight and rotate your body out and away from the band.
3. Keep your feet planted and twist from your trunk or core. Remember to keep your arms semi straight throughout the movement.
4. Return to the starting point and repeat according to the required repetitions.
5. Repeat with the other side.

Shoulder Press



Shoulders (stability ball)

Instructions:

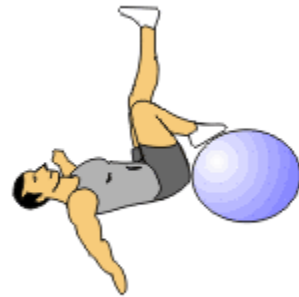
- 1) Sit in upright position on a ball.
- 2) Start position: Position DB's to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Single Leg Curl (on ball)

Hamstrings (stability balls)

Instructions:

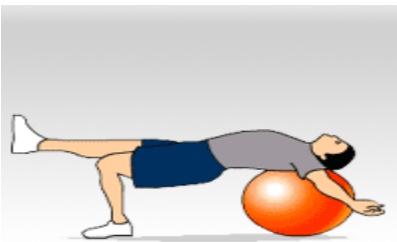
- 1) Assume back lying position on floor. Place hands at sides with palms down on floor.
- 2) Start position: Place heel of one foot on top of ball. Other leg should be held in the air above ball. Raise hips off floor by pushing heel down into ball.
- 3) Curl ball towards glutes by flexing at the knee. Hips should remain off floor.
- 4) Return to start position.
- 5) Remember to maintain stability of ball by utilizing muscles in the trunk and core. To increase difficulty, raise hands up over chest.



Single Leg Supine Bridge

Glutes (stability ball)

Instructions:



1. Start by lying on top of a stability ball with your upper back.
2. Create a table top with your trunk. Knees should be bent at 90 degrees and your trunk parallel to the floor.
3. Maintain this table top by contracting your abs, and glutes.
4. Raise one leg off the floor maintaining the table top position and extend the knee.
5. Return to the starting position and repeat with the other leg.

Slams

Stand with feet parallel and knees slightly bent.

Pull medicine ball back behind head and forcefully throw ball down on the ground as hard as possible.

Catch the ball on the bounce from the ground and repeat according to prescribed repetitions.

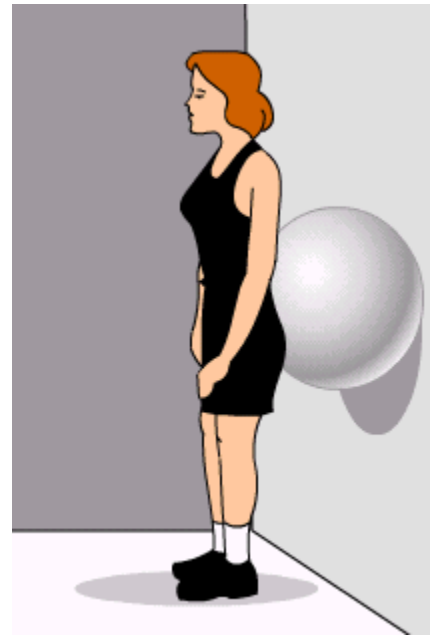


Wall Squat

Quads (stability ball)

Instructions:

- 1) Place flexaball against wall approximately lower back height.
- 2) Start position: Lean lower back against ball and take approximately one step forward with each foot. Feet should be slightly wider than hip width apart.
- 3) Bending at the hips and knees, lower body until thighs are parallel to the ground. DO NOT allow knees to extend past the big toe.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position.
- 6) Watch for proper knee alignment.



Workout prepared by
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