

# 7029 - Stability Ball Full Body Routine



	<p><b>Ball squats</b> – Muscles Worked: glutes, hamstrings, and quadriceps</p> <ol style="list-style-type: none"> <li>1. Begin by standing with the ball pressed between the wall and your lower back. Your feet should be in front of you about shoulder width apart with your knees slightly bent.</li> <li>2. Slowly bend your knees, as if sitting down in a chair, while pushing your hips into the ball. All weight should be on your <u>heels</u>.</li> <li>3. Exhale and return to the starting position.</li> </ol>
	<p><b>Chest Press on Ball</b> – Muscles Worked: pectorals and triceps</p> <ol style="list-style-type: none"> <li>1. Balance the ball between your shoulder blades, keeping your feet flat.</li> <li>2. Keep your stomach firm, hips parallel to the floor, and a 90° bend in your knees.</li> <li>3. Grab two dumbbells at shoulder height with a 90° bend in your elbows. Exhale and push straight up to the ceiling. Dumbbells should be above the chest.</li> </ol>
	<p><b>Lunge</b> – Muscles Worked: glutes, hamstrings, and quadriceps</p> <ol style="list-style-type: none"> <li>1. Keep your feet hip-width apart, knees slightly bent, abdominals contracted, rib cage lifted and shoulders relaxed.</li> <li>2. Step forward so that your knee is directly over your heel and your thigh is almost parallel to the floor. Both knees should be bent at a right angle, and your torso should be erect.</li> <li>3. Hold this position for a moment, then push off of your front leg back to starting position while keeping your back straight.</li> </ol>
	<p><b>Superman</b> – Muscles Worked: erector spinae, glutes</p> <ol style="list-style-type: none"> <li>1. Balance belly on ball with both feet stabilized on the ground and both hands on the ball.</li> <li>2. Extend one arm and opposite leg.</li> <li>3. Hold for 30 seconds then switch sides for 10 times.</li> </ol>
	<p><b>Dumbbell Shoulder Press on Ball</b> – Muscles Worked: deltoids</p> <ol style="list-style-type: none"> <li>1. Sit on ball. Hold two dumbbells at your side with a 90° angle in your elbows and the palms facing forward.</li> <li>2. Press the dumbbells over your head bringing them together at the top. Exhale on the way up and inhale on the way down.</li> </ol>
	<p><b>French Press on Ball</b> – Muscles Worked: triceps</p> <ol style="list-style-type: none"> <li>1. Lie flat across a stability ball with your head and shoulders supported on top of the ball. Your knees slightly separated and bent at a 90° angle to the floor.</li> <li>2. Hold a dumbbell in each hand, point elbows straight up to the ceiling at a 90° angle and palms facing the ceiling.</li> <li>3. Keep your elbows in position and fully extend your arms.</li> <li>4. Pause in the upper position, then slowly return to the starting position of 90°.</li> </ol>
	<p><b>Bicep Curl on Ball</b> – Muscles Worked: biceps</p> <ol style="list-style-type: none"> <li>1. Sit tall on the ball keeping abs tight and shoulders lifted. Feet should be hip width apart, flat on the floor.</li> <li>2. Lift up both weights, palms facing the ceiling, until they reach the peak of the curl.</li> </ol>
	<p><b>Crunches on the Ball</b> – Muscles Worked: abdominals</p> <ol style="list-style-type: none"> <li>1. Sit on a ball and walk out until the ball is under your lower back. Your feet should be about shoulder width apart.</li> <li>2. Cross your arms across your chest or put them behind your ears.</li> <li>3. Slowly curl up by raising your chest toward the ceiling, letting your shoulders and upper back lift off of the ball.</li> <li>4. Slowly return to the starting position.</li> </ol>
	<p><b>Ball Crunch</b> – Muscles Worked: abdominals</p> <ol style="list-style-type: none"> <li>1. Lie down with your knees bent and hold the stability ball in your hands.</li> <li>2. Inhale and take the ball overhead.</li> <li>3. Curl the upper body forward and simultaneously bring the ball toward your knees. Exhale at this point.</li> </ol>
	<p><b>Back Extension on Ball</b> – Muscles Worked: erector spinae</p> <ol style="list-style-type: none"> <li>1. Begin with the ball positioned under your stomach and both feet in contact with the floor. Rest your hands on the small of your back.</li> <li>2. Slowly lift your chest slightly off the ball until the spine is straight or slightly extended.</li> <li>3. Slowly return to the starting position. Set a goal of 10-25 repetitions.</li> </ol>

