

# HEALTHY HABITS

## FULL-BODY STABILITY BALL WORKOUT

Repeat each of the following exercises 12 to 15 times for a full-body workout.



### Ball Squats for glutes, hamstrings, and quadriceps

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 and your knees slightly bent. Slowly bend your knees, as if sitting down in a chair, while pushing your hips into the ball. All your weight should be on your heels. Exhale and return to standing.



### Chest Press for pectorals and triceps

Lie down on the ball with the ball between your shoulder blades. Keep your feet flat on the floor. Keep your stomach firm, hips parallel to the floor, and a 90° bend in your knees. Hold two dumbbells at shoulder-height with a 90° bend in your elbows. Exhale and push the dumbbells up above your chest. Pause briefly, then lower dumbbells to the starting position.



### Lunges for glutes, hamstrings, and quadriceps

Stand tall with your feet hip-width apart and knees slightly bent. Before you begin, ensure that your abdominals are contracted, rib cage is lifted, and shoulders are relaxed. Step forward with one leg and lower down so 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. Hold this position for a moment, then push off of your front leg back to the starting position while keeping your back straight.



### Superman for erector spinae and glutes

Balance your belly on the ball with both feet stabilized on the ground and both hands on the ball. Extend one arm and the opposite leg. Hold for 30 seconds then switch sides.



### Dumbbell Shoulder Press for deltoids

Sit on the ball. Hold two dumbbells at your sides with a 90° angle in your elbows and palms facing forward. Press dumbbells over your head bringing them together at the top. Exhale on the way up, and inhale on the way down.

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### French Press for triceps

Lie flat on the stability ball with your head and shoulders supported on the ball. Your knees should be slightly separated and bent at a 90° angle to the floor. Hold a dumbbell in each hand, point elbows straight up to the ceiling at a 90° angle, and palms facing the ceiling. Keep your elbows in position and fully extend your arms. Pause in the upper position, then slowly return to the starting position.



### Bicep Curl for biceps

Sit tall on the ball keeping abs tight and shoulders lifted. Your feet should be hip-width apart, flat on the floor. Lift both weights, palms facing the ceiling, until they reach the peak of the curl, then lower.



### Crunch on the Ball for abdominals

Sit on a ball and walk out until the ball is under your lower back. Your feet should be about shoulder-width apart. Cross your arms across your chest or put them behind your ears. Slowly curl up by raising your chest toward the ceiling, letting your shoulders and upper back lift off of the ball. Slowly lower back down.



### Back Extension on Ball for erector spinae

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. Slowly lift your chest slightly off the ball until the spine is straight or slightly extended. Slowly return to the starting position.

*Note: We advise that you consult with a health care practitioner before beginning any new exercise program.*