

STABILITY BALL WORKOUT

DIRECTIONS

After warming up with light cardio for five minutes, repeat this six-exercise circuit two to three times.

1. PLANK



Place your hands on the floor and your shins on the ball, coming into a push-up position with your shoulders directly under your hands. Hold for 30 seconds.

Increase the difficulty by adding 10 push-ups after your plank. **Repeat three times.**

2. KNEE-TUCK CRUNCH



Start in a plank position with the tops of your feet on the ball. Pull your knees to your hands, rounding your spine by engaging your abs.

Lengthen back to starting position. **Do 10 reps.**

3. CLASSIC CRUNCHES



Begin sitting on the ball; walk your feet out until your rib cage is on the ball. Squeeze your glutes to keep your pelvis in line with your shoulders. Place interlaced fingers behind your head for support. Exhale, pulling your abs to your spine and pressing the rib cage into the ball to lift your head. **Repeat for 20 reps.**

4. INNER-THIGH SQUEEZE



Lie on your side, and place the exercise ball between your feet.

Slowly lift the ball up toward the ceiling, working your inner thighs and hips. **Do 15 reps.**

5. HAMSTRING CURL



Lie on your back with the exercise ball under your heels. Lift your hips up and keep them up as you slowly bend your knees, rolling the ball toward you and bringing the soles of your feet onto the top of the ball.

Return legs to straightened position. **Do 15 reps.**

6. BALL PASS



Lie on your back with your arms and legs reaching toward the ceiling; hold the ball with your hands. Lower your arms overhead and your legs toward the floor. Return to starting position; switch the ball and hold it with your feet. Lower your legs while reaching your arms overhead. Return to starting position. **Do 10 reps.**