



Workout Routine Sample

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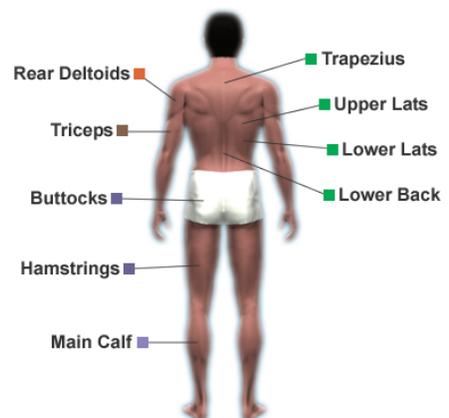
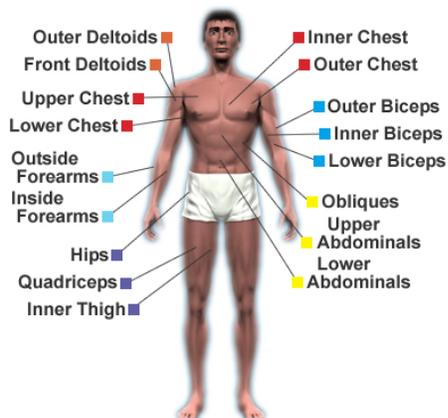
Workout Routine - Swiss Ball - Beginners

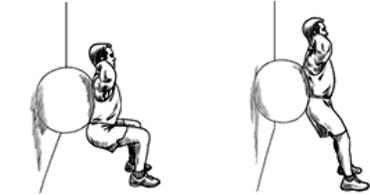
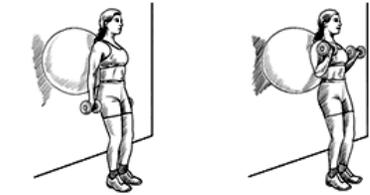
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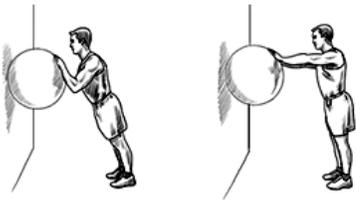
Workout Routine Snapshot

1 Workout Days
0 Cardio Exercises
7 Strength Training →
0 Stretching Exercises

1 ■ Abs
1 ■ Back
1 ■ Biceps
1 ■ Chest
1 ■ Shoulders
1 ■ Thighs
1 ■ Triceps



| | |
|--|---|
|  | <p>Abs Crunch (Ball) - Legs Elevated</p> <p>Secondary Muscles Upper Abdominals</p> <p>Starting Position Lie on your back, calves on top of the ball and arms across your chest.</p> <p>Motion Roll your shoulder blades up and lower yourself back down after a short pause.</p> <p>Tips/Caution To avoid straining your neck, look straight up instead of looking at your knees.</p> |
|  | <p>Back Hyperextension (Ball)</p> <p>Secondary Muscles Hamstrings, Buttocks, Lower Back</p> <p>Starting Position Kneel down in front of the ball, your belly pressed on top of it and place your hands on each side of the ball.</p> <p>Motion Extend your back by extending your arms and legs and return to starting position after a short pause.</p> <p>Tips/Caution Breathe out while extending and breathe in while returning to starting position.</p> |
|  | <p>Chest Push Up (Ball) - on Knees</p> <p>Secondary Muscles Triceps, Front Deltoids, Lower Chest</p> <p>Starting Position Kneel down in front of the ball with your hands on top of the ball, back extended.</p> <p>Motion Push yourself up by extending your arms and slowly lower yourself back down after a short pause.</p> <p>Tips/Caution Breathe out while pushing and breathe in while returning to starting position.</p> |
|  | <p>Shoulders Rear Deltoid Raise (Ball) - Lying Sideways</p> <p>Secondary Muscles Rear Deltoids, Trapezius</p> <p>Starting Position Lean on your left side pressed against the ball, back and legs extended and hold a dumbbell with your right hand, arms extended.</p> <p>Motion Keeping the angle in your elbow still raise the dumbbell out and up and slowly lower it back after a short pause.</p> <p>Tips/Caution Breathe out while raising and breathe in while returning to starting position.</p> |
|  | <p>Thighs Squat (Ball) - on Wall</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Crouch with your back pressed against the ball, itself against the wall, knees at 90 degree angles and place your hands behind your ears.</p> <p>Motion Raise yourself up by extending your legs and slowly lower yourself back after a short pause.</p> <p>Tips/Caution Breathe out while raising yourself up and breathe in while returning to starting position.</p> |
|  | <p>Biceps Biceps Curl (Ball) - Standing</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Stand up with your back against the ball, itself against the wall and hold dumbbells down the sides of your body.</p> <p>Motion Raise the dumbbells towards your shoulders and slowly lower them back after a short pause.</p> <p>Tips/Caution Keep your back and upper arms still throughout.</p> |



■ Triceps | Triceps Extension (Ball) - Standing

Secondary Muscles Inside Forearms

Starting Position Stand up and place your forearms against the ball, itself against the wall in front of your chest.

Motion Push yourself back by rolling the ball towards your hands to extend your arms and slowly return back after a short pause.

Tips/Caution Focus on exercising the triceps.