



# Workout Routine Sample

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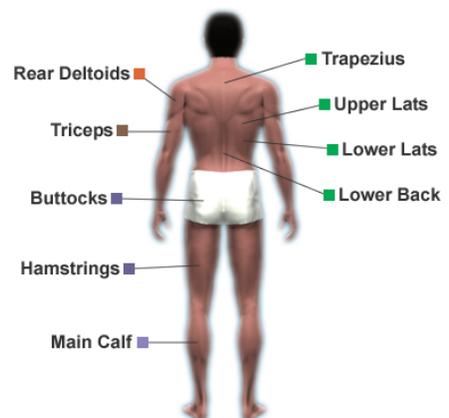
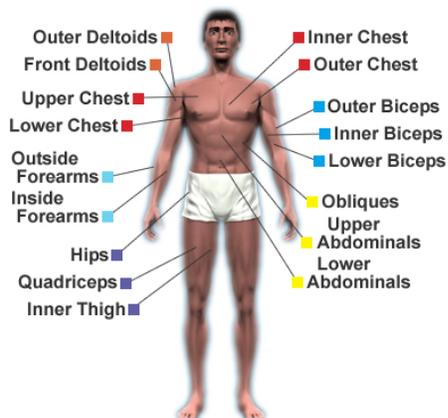
## Workout Routine - Swiss Ball - Core

Printed on Jun 21 2011

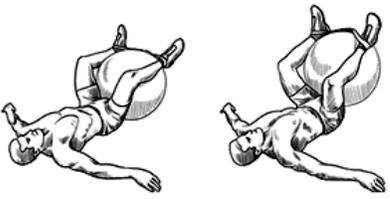
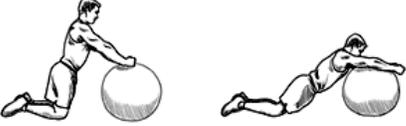
### Workout Routine Snapshot

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

5 ■ Abs  
1 ■ Back  
1 ■ Thighs





	<p>■ <b>Abs   Reverse Crunch (Ball)</b></p> <p><b>Secondary Muscles</b> Lower Abdominals</p> <p><b>Starting Position</b> Lie on your back, calves and hamstrings pressed against the ball and arms spread out.</p> <p><b>Motion</b> Squeeze the ball with your legs and roll your knees towards your chest then roll back down after a short pause.</p> <p><b>Tips/Caution</b> To avoid straining your neck, look straight up instead of looking at your knees.</p>
	<p>■ <b>Back   Arm-Leg Extension (Ball) - Alternating</b></p> <p><b>Secondary Muscles</b> Hamstrings, Buttocks, Lower Back, Upper Back</p> <p><b>Starting Position</b> Lie prone on top of the ball, your belly pressed against it and maintain balance with your feet and hands on the floor.</p> <p><b>Motion</b> Extend your left arm and right leg out and up and lower them back after a short pause. Alternate sides after each repetition.</p> <p><b>Tips/Caution</b> Breathe out while extending and breathe in while returning to starting position.</p>
	<p>■ <b>Abs   Side Bend (Ball)</b></p> <p><b>Secondary Muscles</b> Obliques</p> <p><b>Starting Position</b> Lie on your side against the ball, arms across your chest, legs extended and feet wide apart to give you balance.</p> <p><b>Motion</b> Raise your upper body up from the ball and lower it back down after a short pause. Alternate sides after each completed set.</p> <p><b>Tips/Caution</b> Breathe out while contracting your ab muscles and breathe in while returning to starting position.</p>
	<p>■ <b>Abs   Sit-Up (Ball) - Jackknife</b></p> <p><b>Secondary Muscles</b> Hips, Upper Abdominals, Lower Abdominals</p> <p><b>Starting Position</b> Place your ankles on top of the ball, legs extended, chest facing the floor and extend your arms to lift you from the floor.</p> <p><b>Motion</b> Keeping your weight on your extended arms, roll the ball in by bending your knees and hips and extend your legs back after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while rolling the ball in and breathe in while returning to starting position.</p>
	<p>■ <b>Thighs   Ball Squeeze (Ball) - Lying</b></p> <p><b>Secondary Muscles</b> Hamstrings, Inner Thigh, Buttocks</p> <p><b>Starting Position</b> Lie on your back and grasp the ball between your legs below your knees.</p> <p><b>Motion</b> Squeeze the ball between your legs by bringing your thighs closer to each other while lifting your buttocks from the floor and slowly unsqueeze after a short pause.</p> <p><b>Tips/Caution</b> Keep your back straight throughout.</p>
	<p>■ <b>Abs   Ab Rollout (Ball)</b></p> <p><b>Secondary Muscles</b> Shoulders, Upper Abdominals, Lower Abdominals, Chest</p> <p><b>Starting Position</b> Lie on your knees, place your hands on top of the ball in front of you, arms extended and back straight.</p> <p><b>Motion</b> Keeping your back and arms extended, roll on top of the ball until your upper arms are pressed against it and pull yourself back up after a short pause.</p> <p><b>Tips/Caution</b> Keep your arms extended and your back straight throughout.</p>



■ **Abs | Bridge T Fall-Off (Ball)**

**Secondary Muscles** Obliques

**Starting Position** Lie on your shoulder blades on top of the ball, knees at 90 degree angles, back straight and extend your arms out to keep balance.

**Motion** Roll off the ball slightly to one side and return back after a short pause. Alternate sides between each repetitions.

**Tips/Caution** Keep your back straight throughout.