



Workout Routine Sample

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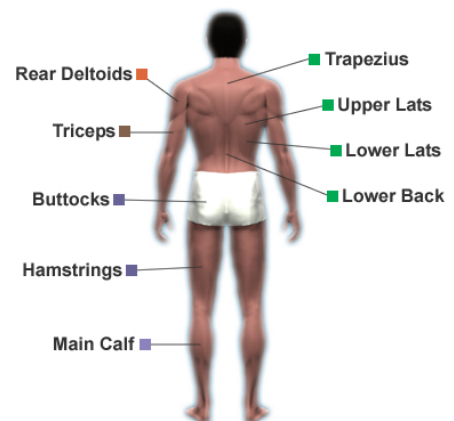
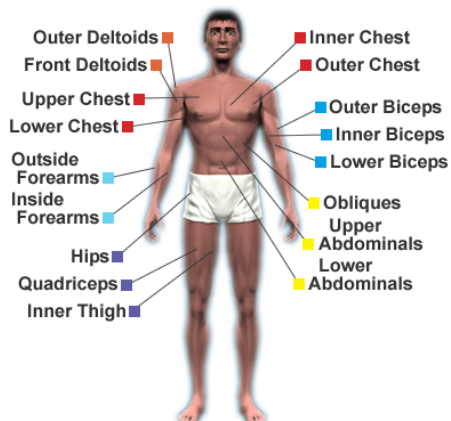
Workout Routine - Swiss Ball - Lower Body

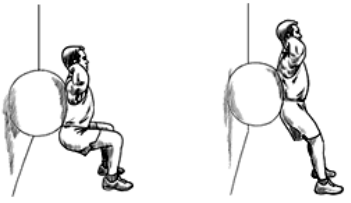
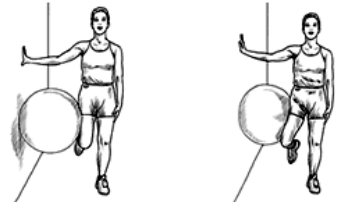
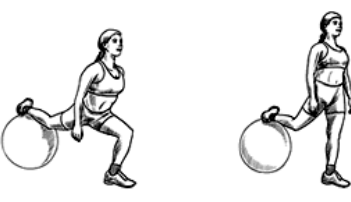
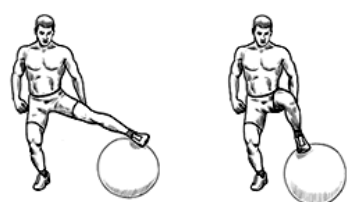


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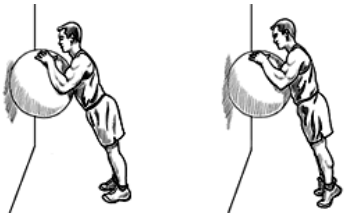
Workout Routine Snapshot

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

6 ■ Thighs
1 ■ Calves



	<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>■ Thighs Hip Abduction (Ball)</p> <p>Secondary Muscles Hips</p> <p>Starting Position Stand with the wall on your right side and hold the ball up from the floor against the wall with your right thigh, knee bent.</p> <p>Motion Squeeze the ball by pressing your leg against it and slowly bring it back after a short pause. Alternate sides after each set.</p> <p>Tips/Caution Breathe out while pushing and breathe in while returning to starting position.</p>
	<p>■ Thighs Squat (Ball) - One-Legged</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Stand with one ankle on top of the ball behind you and crouch down until your knee is at a 90 degree angle.</p> <p>Motion Raise yourself up by extending your leg and slowly lower yourself back after a short pause. Alternate sides after each set.</p> <p>Tips/Caution Breathe out while raising yourself up and breathe in while returning to starting position.</p>
	<p>■ Thighs Hip Adduction (Ball)</p> <p>Secondary Muscles Inner Thigh</p> <p>Starting Position Stand on your right leg and put your left foot on top of the ball, leg extended to your side.</p> <p>Motion Roll the ball towards you by bringing your leg in and slowly roll it back after a short pause. Alternate sides after each set.</p> <p>Tips/Caution Breathe out while rolling in and breathe in while returning to starting position.</p>
	<p>■ Thighs Leg Curl (Ball)</p> <p>Secondary Muscles Hamstrings</p> <p>Starting Position Lie on your back and grasp the ball using your calves and your thighs.</p> <p>Motion Squeeze the ball by pulling your feet towards your buttocks and slowly unsqueeze after a short pause.</p> <p>Tips/Caution Breathe out while squeezing and breathe in while returning to starting position.</p>
	<p>■ Thighs Ball Squeeze (Ball) - Lying</p> <p>Secondary Muscles Hamstrings, Inner Thigh, Buttocks</p> <p>Starting Position Lie on your back and grasp the ball between your legs below your knees.</p> <p>Motion 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>Tips/Caution Keep your back straight throughout.</p>



■ Calves | Calf Raise (Ball)

Secondary Muscles Calves

Starting Position Stand up and lean against the ball itself pressed against the wall in front of your chest.

Motion Raise yourself by standing on your toes and slowly lower yourself back down after a short pause.

Tips/Caution Make sure that only the calf muscles are exercising.