



Workout Routine Sample

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FitnessBliss.com

Workout Routine - Swiss Ball - Strong Back

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Workout Routine Snapshot

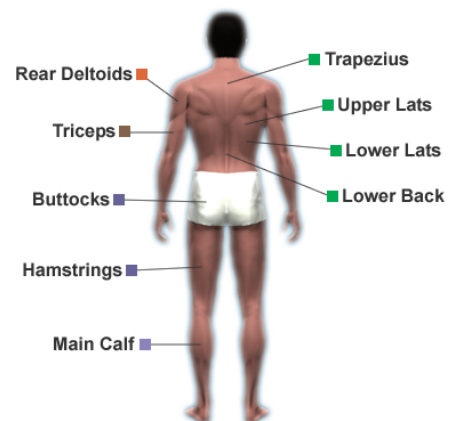
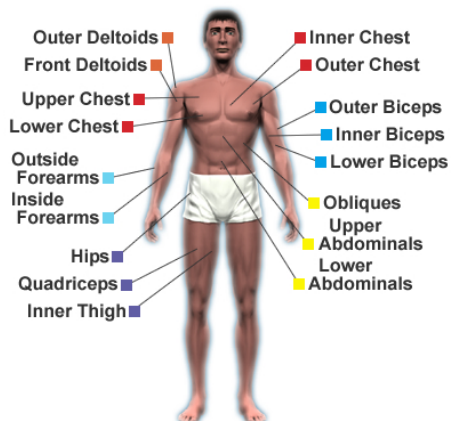
1 Workout Days

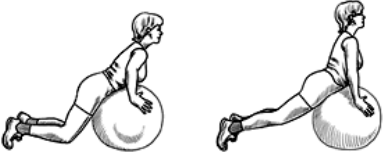
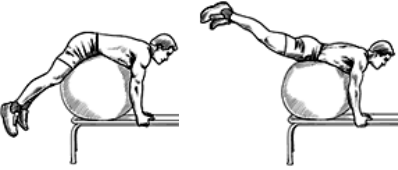


0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Back



	<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>■ Back Hyperextension (Ball) - Reverse</p> <p>Secondary Muscles Hamstrings, Buttocks, Lower Back</p> <p>Starting Position Lie prone on top of the ball which is itself on top of a bench, legs down but extended and grip the bench with both hands to maintain balance.</p> <p>Motion Raise your legs up while keeping your legs extended and slowly lower them down after a short pause.</p> <p>Tips/Caution Breathe out while raising your legs and breathe in while returning to starting position.</p>
	<p>■ Back Bridge (Ball)</p> <p>Secondary Muscles Buttocks, Lower Back</p> <p>Starting Position Crouch down on your feet, press your shoulder blades against the ball behind you and place your hands across your chest.</p> <p>Motion Without moving your feet, extend your back until it is parallel to the floor and lower it back after a short pause.</p> <p>Tips/Caution Breathe out while extending and breathe in while returning to starting position.</p>
	<p>■ Back Arm-Leg Extension (Ball) - Alternating</p> <p>Secondary Muscles Hamstrings, Buttocks, Lower Back, Upper Back</p> <p>Starting Position 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>Motion 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>Tips/Caution Breathe out while extending and breathe in while returning to starting position.</p>