



Workout Routine Sample

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Workout Routine - Swiss Ball - Defined Legs

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Workout Routine Snapshot

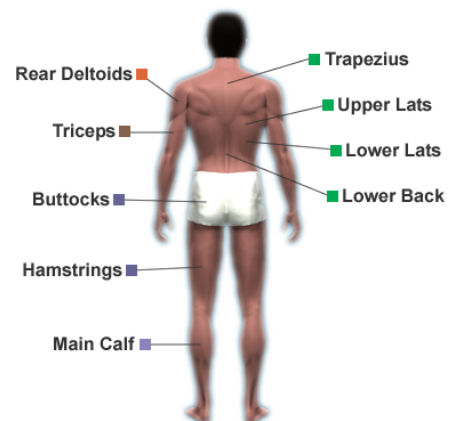
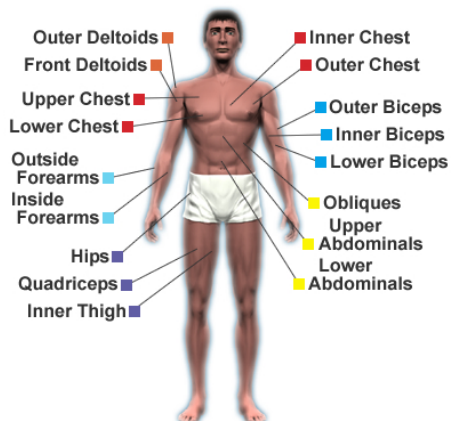
1 Workout Days

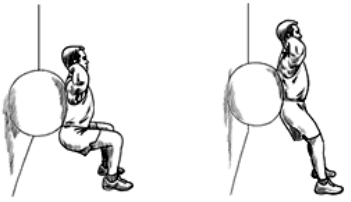
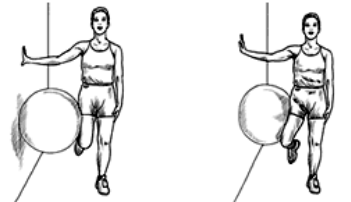
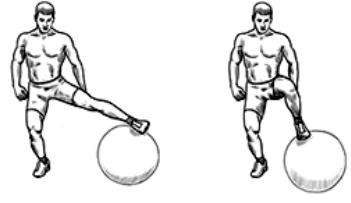

0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Thighs



	<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 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 Reverse Leg Curl (Ball)</p> <p>Secondary Muscles Hamstrings, Buttocks</p> <p>Starting Position Lie on your back, feet on top of the ball, legs and back straight.</p> <p>Motion Roll the ball towards you by bending your knees and allow it to slowly return back after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>