



Workout Routine Sample

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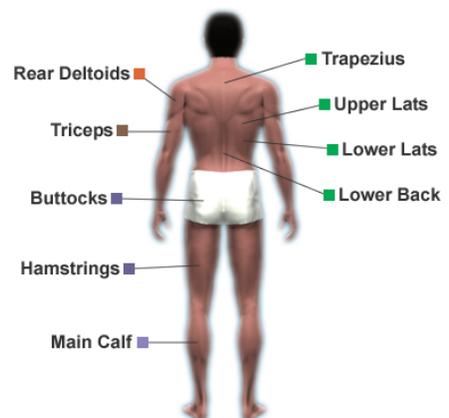
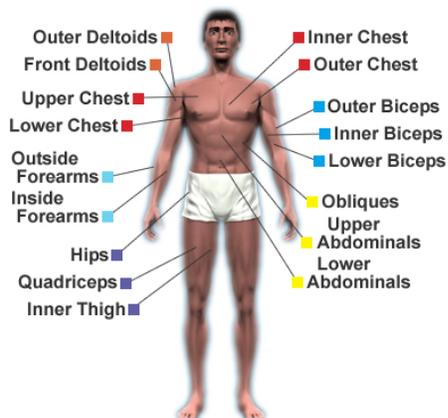
Workout Routine - Swiss Ball - Full Body

Printed on Jun 21 2011

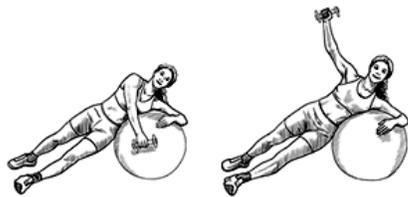
Workout Routine Snapshot

2 Workout Days
 0 Cardio Exercises
 14 Strength Training →
 0 Stretching Exercises

3 ■ Thighs
 2 ■ Abs
 2 ■ Chest
 2 ■ Shoulders
 1 ■ Back
 1 ■ Biceps
 1 ■ Calves
 1 ■ Forearms
 1 ■ Triceps



| | |
|--|---|
|  | <p>■ Abs Sit-Up (Ball)</p> <p>Secondary Muscles Hips, Upper Abdominals</p> <p>Starting Position Lie on your lower back on the ball and place your hands behind your ears.</p> <p>Motion Raise your upper body up from the ball and lower it back down after a short pause.</p> <p>Tips/Caution Breathe out while contracting your ab muscles 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>■ Abs Side Bend (Ball)</p> <p>Secondary Muscles Obliques</p> <p>Starting Position Lie on your side against the ball, arms across your chest, legs extended and feet wide apart to give you balance.</p> <p>Motion 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>Tips/Caution Breathe out while contracting your ab muscles and breathe in while returning to starting position.</p> |
|  | <p>■ Chest Dumbbell Press (Ball)</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Lie on your back, shoulder blades on top of the ball, back extended, knees flexed at 90 degree angles and hold dumbbells on each side of your chest.</p> <p>Motion Push the dumbbells straight up and slowly lower them 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 Row and Rotation (Ball)</p> <p>Secondary Muscles Rear Deltoids, Trapezius</p> <p>Starting Position Lie prone with your belly against the ball, back and legs extended and hold dumbbells down to your sides, arms extended.</p> <p>Motion Raise the dumbbells straight up until your elbows are at 90 degree angles then rotate them up and slowly lower them down after a short pause.</p> <p>Tips/Caution When rotating up keep the angle in your elbows still throughout.</p> |
|  | <p>■ Chest Push Up (Ball) - Feet Up</p> <p>Secondary Muscles Triceps, Front Deltoids, Upper Chest</p> <p>Starting Position Lie prone with your thighs on top of the ball, legs and back fully extended and hands on the floor, elbows bent.</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> |



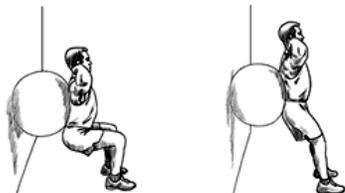
Shoulders | Rear Deltoid Raise (Ball) - Lying Sideways

Secondary Muscles Rear Deltoids, Trapezius

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.

Motion Keeping the angle in your elbow still raise the dumbbell out and up and slowly lower it back after a short pause.

Tips/Caution Breathe out while raising and breathe in while returning to starting position.



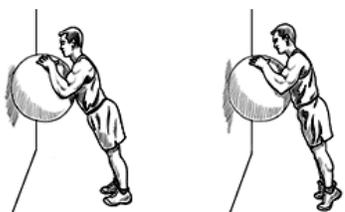
Thighs | Squat (Ball) - on Wall

Secondary Muscles Buttocks, Quadriceps

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.

Motion Raise yourself up by extending your legs and slowly lower yourself back after a short pause.

Tips/Caution Breathe out while raising yourself up and breathe in while returning to starting position.



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.



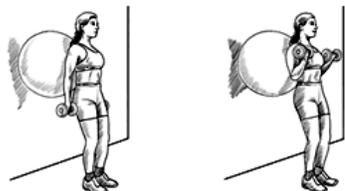
Thighs | Reverse Leg Curl (Ball)

Secondary Muscles Hamstrings, Buttocks

Starting Position Lie on your back, feet on top of the ball, legs and back straight.

Motion Roll the ball towards you by bending your knees and allow it to slowly return back after a short pause.

Tips/Caution Keep your back straight throughout.



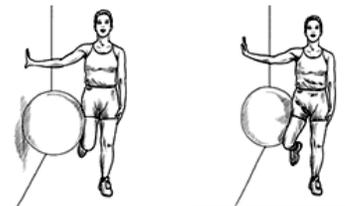
Biceps | Biceps Curl (Ball) - Standing

Secondary Muscles Inside Forearms

Starting Position Stand up with your back against the ball, itself against the wall and hold dumbbells down the sides of your body.

Motion Raise the dumbbells towards your shoulders and slowly lower them back after a short pause.

Tips/Caution Keep your back and upper arms still throughout.



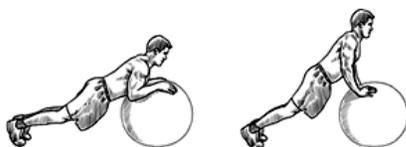
Thighs | Hip Abduction (Ball)

Secondary Muscles Hips

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.

Motion Squeeze the ball by pressing your leg against it and slowly bring it back after a short pause. Alternate sides after each set.

Tips/Caution Breathe out while pushing and breathe in while returning to starting position.



Triceps | Triceps Extension (Ball)

Secondary Muscles Inside Forearms

Starting Position Lie prone with your forearms on top of the ball, back and legs fully extended.

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

Tips/Caution Focus on exercising the triceps.



■ **Forearms | Wrist Curl (Ball)**

Secondary Muscles Inside Forearms

Starting Position Kneel in front of the ball, rest your forearms on it and grasp the handles with your palms facing up.

Motion Pull the handles by curling your wrists and allow them to slowly return after a short pause.

Tips/Caution Keep your forearms pressed against the ball throughout.