



# Workout Routine Sample

Create, Print, Track and Chart

your own at:

**FitnessBliss.com**

## Workout Routine - Swiss Ball - Hard Buttocks

Printed on Jun 21 2011

### Workout Routine Snapshot

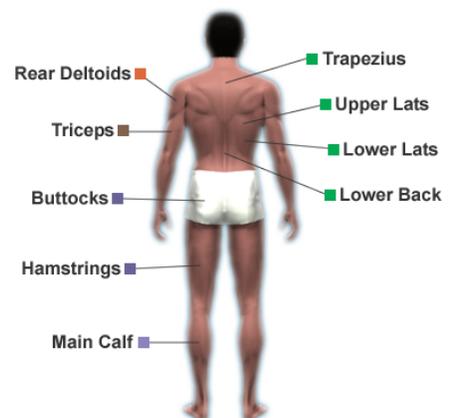
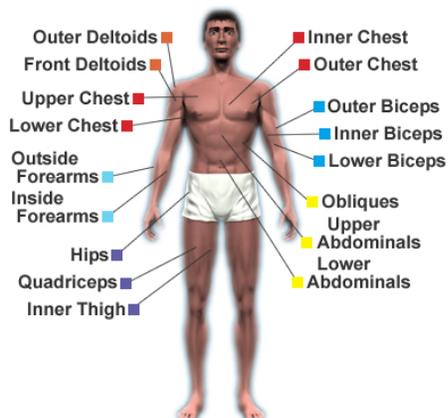
1 Workout Days

0 Cardio Exercises

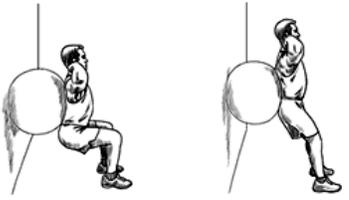
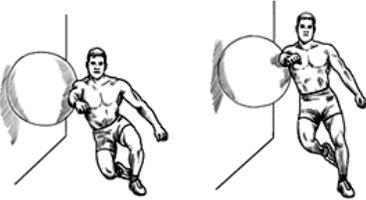
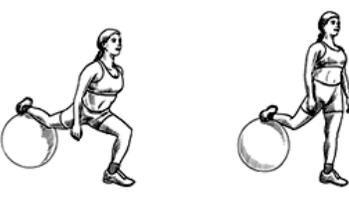
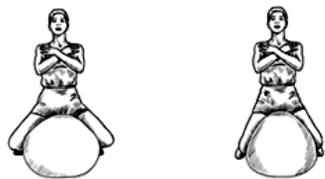
7 Strength Training →

0 Stretching Exercises

7 ■ Thighs





	<p>■ <b>Thighs   Squat (Ball) - on Wall</b></p> <p><b>Secondary Muscles</b> Buttocks, Quadriceps</p> <p><b>Starting Position</b> 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><b>Motion</b> Raise yourself up by extending your legs and slowly lower yourself back after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while raising yourself up and breathe in while returning to starting position.</p>
	<p>■ <b>Thighs   Squat (Ball) - on Wall; Sideways; One-Legged</b></p> <p><b>Secondary Muscles</b> Inner Thigh, Buttocks, Quadriceps</p> <p><b>Starting Position</b> Crouch on one leg with your side pressed against the ball, itself against the wall with your knee at a 90 degree angle.</p> <p><b>Motion</b> Raise yourself up by extending your leg and slowly lower yourself back after a short pause. Alternate sides after each set.</p> <p><b>Tips/Caution</b> Breathe out while raising yourself up and breathe in while returning to starting position.</p>
	<p>■ <b>Thighs   Squat (Ball) - One-Legged</b></p> <p><b>Secondary Muscles</b> Buttocks, Quadriceps</p> <p><b>Starting Position</b> 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><b>Motion</b> Raise yourself up by extending your leg and slowly lower yourself back after a short pause. Alternate sides after each set.</p> <p><b>Tips/Caution</b> Breathe out while raising yourself up and breathe in while returning to starting position.</p>
	<p>■ <b>Thighs   Reverse Leg Curl (Ball)</b></p> <p><b>Secondary Muscles</b> Hamstrings, Buttocks</p> <p><b>Starting Position</b> Lie on your back, feet on top of the ball, legs and back straight.</p> <p><b>Motion</b> Roll the ball towards you by bending your knees and allow it to slowly return back after a short pause.</p> <p><b>Tips/Caution</b> Keep your back straight throughout.</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>Thighs   Reverse Bridge (Ball)</b></p> <p><b>Secondary Muscles</b> Hamstrings, Buttocks</p> <p><b>Starting Position</b> Lie on your back with your feet on top of the ball, knees and thighs bent.</p> <p><b>Motion</b> Lift your back from the floor by extending your legs and slowly lower yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your back straight throughout.</p>
	<p>■ <b>Thighs   Ball Squeeze (Ball) - Sitting</b></p> <p><b>Secondary Muscles</b> Inner Thigh</p> <p><b>Starting Position</b> Sit on the ball with your thighs on each side of it and place your hands across your chest.</p> <p><b>Motion</b> Squeeze the ball between your legs by bringing your thighs closer to each other and slowly unsqueeze after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while squeezing and breathe in while returning to starting position.</p>