

Leg Curl Ups



Lie faceup on the floor, arms out to the sides, lower legs on a stability ball. Push your hips up until your body forms a straight line from shoulders to knees, then pull your heels toward you and roll the ball as close as possible to your butt. Pause, then roll the ball back until your body is in a straight line again. Lower your hips back to the floor.

Upper Back Rotation



Sit on the ball with your feet about shoulder width apart. Now slowly walk your feet forwards rolling your body down the ball until your shoulders are resting on the ball. Join your hands together and straighten your arms directly above you. Keeping your arms straight slowly roll your shoulders so you are facing to the left. Now return to the starting position then twist to the opposite side.

Back Flys (T,Y,I)



Raise your arms to your side, bringing the dumbbells up to shoulder level height. Keep your arms as straight as possible but do not lock your elbows. Slowly lower the dumbbells back to the starting position. Repeat in 'Y' pose and 'I' pose.

Plank pose



Begin with your knees on the floor and your upper body resting on the Swiss Ball, hands rest your chin on them keep your elbows by your side. Lift your knees off the floor so your body is in a straight line from heels to shoulders. Lift your chest off the ball and ensure you contract your stomach muscles and hold them tight, dont forget to breathe.

DB Press



Make sure your spine is parallel to the ground. Ensure your head and shoulders are safely supported on the ball, with forearms vertical. Imagine you are pushing yourself away from the dumbbells.

Medicine Ball (3 sets / 10 reps each)