

ABS - Ball Oblique Lift

Image 1 - Start



Image 2 - End



Starting Position: - Lie with your left side on an exercise ball with your left fist on your temple. Movement: - Exhale as you tighten your right oblique and lift your torso up off of the ball. Inhale as you slowly return back down to the starting position. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	25		0

ABS - Ball Hip Twisters

Image 1 - Start



Image 2 - End



Starting Position: Get into a push up position with an exercise ball under your lower legs, and your hands flat on the floor. Keep your back straight. Movement: Exhale as you rotate your hips to one side, crossing your legs on the ball. Inhale as you return to the starting position. Exhale as you rotate your hips to the other side, crossing your legs on the ball. Inhale as you return to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	25		0

ABS - Ball Pike Tuck

Image 1 - Start



Image 2 - End



Starting Position: Position your feet on an exercise ball and firmly plant your hands into the floor. Movement: Exhale as you straighten your arms, legs and back while pressing your hips up into the air. Your body should resemble an upside down V. Inhale as you return back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	25		0

ABS - Ball Plank I

Image 1 - Start



Image 2 - End



Starting Position: - On an exercise matt get down into the push up position in front of an exercise ball. Movement: - Drop your elbows down on to the ball, and exhale as you pull your belly button in towards your spine. Be sure to keep your back flat throughout the entire exercise. Inhale as you slowly return back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	1		0

LEGS - Adductor

Image 1 - Start



Image 2 - End



Starting Position: - Sit in the leg adduction machine and spread your legs placing your knees and ankles in the pads. Movement: - Exhale as you slowly squeeze your legs together until your feet touch in front of you. Inhale as you slowly return your legs to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	0		0
Set 3	0		0

LEGS - Ball Leg Curls

Image 1 - Start



Image 2 - End



Starting Position: - Lie on your back and position a small exercise ball under the lower part of your right leg. Press your palms into the floor for support on either side of your body, and raise your left leg up off of the floor and keep it raised throughout the entire movement. Movement: - Exhale as you roll the ball in towards your buttocks as far as you can. Slowly roll the ball back to the starting position. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	25	at	0
Set 2	25	at	0

LEGS - Ball Leg Pull

Image 1 - Start



Image 2 - End



Starting Position: Lie on your back on an exercise ball with your legs together. Movement: Place your hands behind your right knee and pull it in towards your chest. Hold this position for thirty seconds. Repeat as required on other side.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15	at	0
Set 2	15	at	0

LEGS - Barbell Step-ups

Image 1 - Start

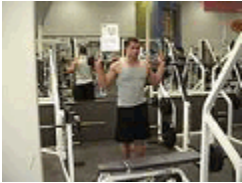
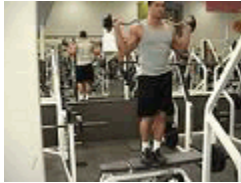


Image 2 - End



Starting Position: Stand with your feet shoulder width apart in front of a flat bench or step. Place a barbell across your shoulder and keep your back straight. Movement: Exhale as you take a large step onto the bench with your right foot. Pull your left foot onto the bench also, and stand with a slight bend in your knees. Inhale as you slowly return back down to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	25	at	30
Set 2	15	at	35
Set 3	15	at	35

LEGS - Medicine Ball Advanced Side Lunge

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a medicine ball with both hands above your head. Movement: Inhale as you take a large step to your right side and lower yourself down until your right knee has a 90-degree bend in it. Exhale as you press yourself back up to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	25	at	10