

# Whole Body Ball Workout

**\*\*Warm-up for your Whole Body Ball workout with 25 Jumping Jacks**

Start with arms and do 2 sets of 20 push-ups on the ball. Be sure that the ball is placed between your knees and your ankles; this keeps the pressure off your knees.



Next, work the shoulders with or without weights. Lean your stomach onto the ball and extend your legs behind you. Keeping your chest off the ball, bend your elbows in a pulling motion until they are even with your shoulders. Next slowly lower your arms back to the starting position. Do 2 sets of 10.

Keeping your position on the ball stretch your arms straight out to the side. Bring the arms to the body in a straight line and back again, almost like you are mimicking a bird flapping its wings.

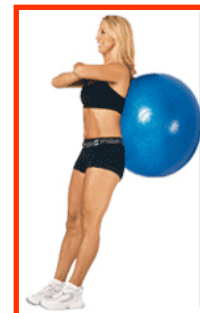
Do 2 slow sets of ten.



Moving on to the mid-body, place your elbows on the ball and extend your body behind you. Hold your tummy and bottom muscle tight so that your body makes a straight line, now hold for 20 seconds. Slowly lower your knees to the floor and repeat. Do 5 reps.

Next, find some wall space and place the ball between your back and the wall. Squat down and let the ball roll with you. Keep your chest up and knees behind your toes. Do 2 sets of 10.

**Don't forget to stretch!!**



# Weekly Activity Log

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aerobic:</b>	<b>Aerobic:</b>	<b>Aerobic:</b>	<b>Aerobic:</b>	<b>Aerobic:</b>
<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope
<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports
<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk
<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks
<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR
<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming
<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike
<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside
<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
<b>Strength:</b>	<b>Strength:</b>	<b>Strength:</b>	<b>Strength:</b>	<b>Strength:</b>
<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups
<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches
<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs
<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights
<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability
<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball
<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band
<b>__Stretch</b>	<b>__Stretch</b>	<b>__Stretch</b>	<b>__Stretch</b>	<b>__Stretch</b>
<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT

## The Weekend

Stay active during the weekend with fun activities like Walking at the mall with some friends, going bowling or mini-golfing, heading to the pool or taking a yoga class. Keeping active on the weekends is just as important being active during the week. Your brain may get two days off, but your body is still on the clock!

