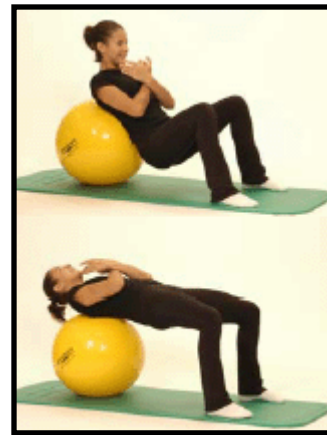




**Sitting Leg & Arm Raises**

Begin by balancing yourself on the center of the ball. Slowly raise one leg off of the ground. Finish this move by raising both of your arms above your head. Hold this position for a count of 5 and then switch legs and repeat. Do this 3 times on each leg.



**"Table Top"**

Lay down on the ball (your shoulder blades should be on the center of the ball). Lower your hips down toward the ground. Without moving the ball, lift your hips up toward the ceiling. Keep your abdominals in tight and squeeze your buttocks as hard as you can. Hold this position for 10 seconds and then lower your hips back down. Repeat this 5 times.



**Curl-Up**

Lay down on the ball (your shoulder blades should be on the center of the ball). Cross your arms over your chest and slowly curl your head and shoulders up (see picture). Return to the starting position and repeat 10 times.



**Back Extension**

Lay over the ball with your knees planted firmly on the ground. Cross your arms over your chest. Straighten your back up and squeeze your buttocks. Return to the starting position and repeat this 20 times.



**Hip Extension**

Begin by laying on the ball (your stomach should be on the center of the ball). Keep your hands flat on the ground and lift one of your legs straight back behind you. Finish this move by raising your opposite arm at the same time. Hold this for 5 seconds and switch to your other leg and arm. Repeat 10 times to each side.



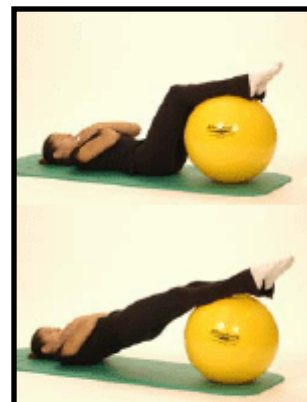
**Crunch on Back**

Lay on the floor with your legs resting on the ball. Cross your arms over your chest and lift your shoulders off of the ground. Be sure to keep your head straight and use your abdominals to lift your shoulders. Hold this for a count of 2 and lower your shoulders. Repeat this 15 times.



**Push-up**

Lay on the ball and walk your hands out in front of you. Keep walking forward on the ball until the ball is under your legs. Spread your hands shoulders width apart and begin doing push-ups while keeping the ball steady. Beginners: start with the ball underneath your hips. Do 10 of these. Rest for one minute and do 10 more.



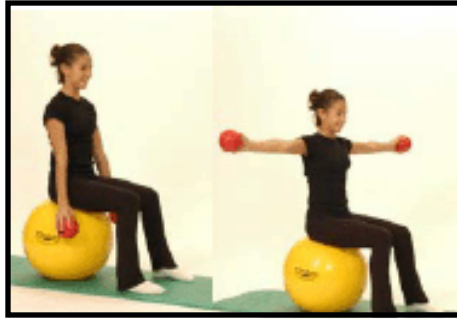
**Bridge on Back**

Lay on the floor with your legs up on the ball (your calves should lay on the center of the ball). Lift your hips straight up towards the ceiling, squeezing your buttocks. Hold this for 5 seconds and return to the starting position. Repeat this 10 times.



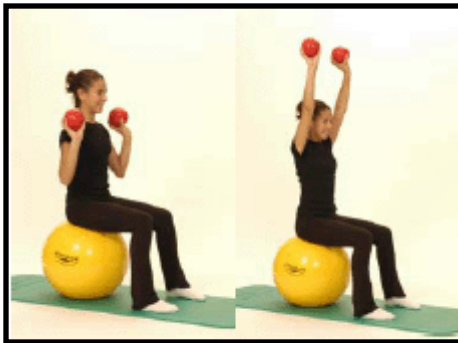
Lay down on the ball (ball should be in the middle of your back). Begin with light weights (1-2 pounds) in each hand. Have both palms facing each other as you spread your arms apart. Bring both arms back to center and repeat 10 times.

**Table Top Flies**



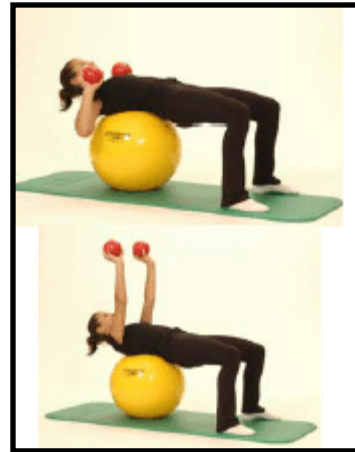
**Lateral Raise**

Begin by sitting on the ball with your feet shoulders width apart. Keep your back straight as you slowly raise your arms out to the side (do not raise your arms past shoulder level). Return arms down to starting position and repeat 10 times.



**Overhead Press**

Sit directly on top of the ball. Begin with light weights (1-2 pounds) in each hand. Hold the weights at shoulder level and slowly raise them above your head. Return the weights back down to shoulder level and repeat. Do this 10 times.



**Table Top Bench Press**

Lay down on the ball. Begin with light weights (1-2 pounds) in each hand. Hold the weights in front of each of your shoulders. Slowly raise the weights straight up towards the ceiling (be sure not to lock your elbows). Return the weights back down to your chest and repeat 10 times.

**Helpful hints:**

- Start by using light weights. Once you have good control and balance, then add more weight.
- Make sure each move is slow and controlled. The slower you go the more your muscles have to work!
- Remember to breathe. Do not hold your breathe during any of these moves.
- If any of the moves are painful...stop! You should not be in pain; if you are you may be using incorrect form.
- Always get instruction from a trained professional before starting a new exercise routine.