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| |  | | --- | | Swiss ball side feet taps |  |  |  |  | | --- | --- | --- | | Sets: 2-3 | Reps: 8-12 each leg | Equipment: Swiss ball | | **INSTRUCTIONS** Start in a pushup position, with hands under shoulders and shins on the Swiss ball. With your abdominals braced and keeping the ball as still as possible, lift one leg up off the ball then slowly lower it to the ground beside the ball. Repeat with opposite leg. | | wiss ball side feet taps |  |  | | --- | | Swiss ball back extension |  |  |  |  | | --- | --- | --- | | Sets: 2-3 | Reps: 15-20 | Equipment: Swiss ball and weighted plate (optional) | | **INSTRUCTIONS** Lie face down on the Swiss ball with your hands on the ground, ball positioned under your pelvis (not stomach or chest). Place your feet against the wall if needed. With your hands crossed across chest or behind head, raise your shoulders and arch your back until your spine is slightly extended. Pause at the top then slowly return to starting position.  Advanced option Hold a weighted plate to your chest | | wiss ball back extension |  |  | | --- | | Prone ball rolls |  |  |  |  | | --- | --- | --- | | Sets: 2-3 | Reps: 15-20 | Equipment: Swiss ball | | **INSTRUCTIONS** Start on your knees with your elbows resting on the Swiss ball. Brace your abdominals then roll the ball forward until your upper body and thighs form a straight line. Slowly roll back to starting position and repeat. | | rone ball rolls |  |  | | --- | | Push-ups |  |  |  |  | | --- | --- | --- | | Sets: 2-3 | Reps: 12-15 | Equipment: Swiss ball | | **INSTRUCTIONS** Start face down with your shins (or knees for beginners) on the ball and hands on the floor – a little wider than shoulder-width apart. Keeping shoulders and hips straight, bend the elbows until they are at a right angle. Push back up to starting position and repeat. | | ush-ups |  |  | | --- | | Prone fly |  |  |  |  | | --- | --- | --- | | Sets: 2-3 | Reps: 10-15 | Equipment: Swiss ball and dumbbells | | **INSTRUCTIONS** Lie face down on the ball with the ball under your stomach and feet on the ground. Start with the weights in front of the ball, hands facing each other. Bring your elbows back, keeping a slight bend in them, and squeeze from your shoulder blades. Slowly return to the start position and repeat. | | rone fly |  |  | | --- | | Hamstring curl |  |  |  |  | | --- | --- | --- | | Sets: 2-3 | Reps: 15-20 | Equipment: Swiss ball | | **INSTRUCTIONS** Begin by lying on the floor with your feet on the ball. Raise hips so that your chest, hips and feet form a straight line. Keeping hips up, curl feet in so that the ball rolls in close to your body. Roll slowly back to starting position.  Advanced option Perform the same movement but with one leg at a time. | | amstring curl |  |  | | --- | | Wall squats |  |  |  |  | | --- | --- | --- | | Sets: 2-3 | Reps: 12-15 | Equipment: Swiss ball and dumbbells (optional) | | **INSTRUCTIONS** Stand with your back against a flat wall, then position the ball in between the middle of your and the wall. Keep your feet hip-width apart, slightly in front of your shoulders. Bend your knees until thighs are parallel to the ground then push back to starting position.  Advanced option Perform the same exercise with one leg at a time, or while holding dumbbells | | all squats |  |  | | --- | | Swiss ball dips |  |  |  |  | | --- | --- | --- | | Sets: 2-3 | Reps: 8-12 | Equipment: Swiss ball | | **INSTRUCTIONS** Begin by sitting on the ball with your hands beside your hips. Step forward so your bottom is just in front of the ball and your feet are below your knees. With your body weight resting on your palms and heels, slowly bend your elbows until your upper arms are parallel to the floor. Push back up using your triceps. Keep your bottom close to the ball during the whole exercise. | | wiss ball dips | |

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