



gymball advanced

01. adductor stretch



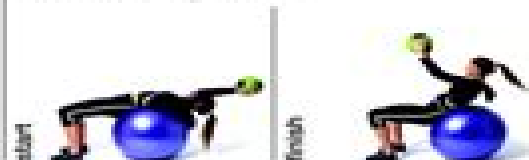
Start in a seated position on the ball with feet flat on the floor. Push your feet out to the sides, keeping your knees bent and your back straight. Hold for 30 seconds.

02. oblique crunch



Lie on your side with your knees bent and feet flat on the floor. Lift your hips off the ball and crunch your torso towards your knees. Hold for 30 seconds.

03. med ball pullover



Start in a seated position on the ball with feet flat on the floor. Hold a med ball with both hands and pull it over your head, keeping your arms straight. Hold for 30 seconds.

04. gymball push up (hands on)



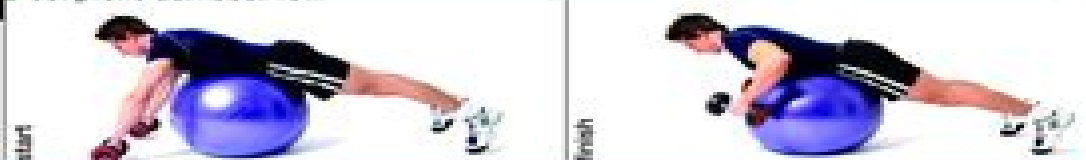
Start in a plank position with your hands on the ball. Push up, lifting your hips off the floor. Hold for 30 seconds.

05. gymball combo 01



Start in a plank position with your hands on the ball. Move into a side plank, then a full plank. Hold for 30 seconds.

06. prone dumbbell row



Start in a prone position with your hands on the ball. Pull the dumbbell up towards your chest, keeping your back straight. Hold for 30 seconds.

07. prone military press



Start in a prone position with your hands on the ball. Press the dumbbell up over your head, keeping your arms straight. Hold for 30 seconds.

08. lying tricep extension



Start in a lying position with your hands on the ball. Extend the dumbbell behind your head, keeping your arms straight. Hold for 30 seconds.

Igym Fn 20001 20065 Gymball Exercises Guide User Guide

Joanne Elphinston, Paul Pook



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