



gymball advanced

01. adductor stretch



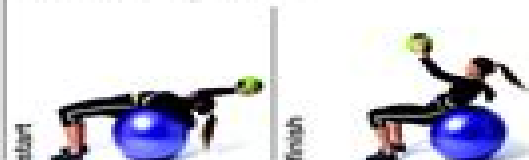
Start in a seated position on the ball with feet flat on the floor. Push your knees out to the sides, away from your body. Hold for 30 seconds.

02. oblique crunch



Start in a side-lying position on the ball with knees bent. Lift your hips 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 behind your head. Pull the ball over your head and back to the starting position. Repeat 10-15 times.

04. gymball push up (hands on)



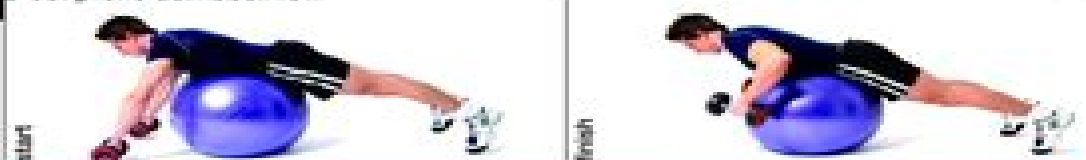
Start in a plank position with your hands on the ball. Push up with your arms, lifting your hips. Lower your body back to the starting position. Repeat 10-15 times.

05. gymball combo 01



Start in a plank position with your hands on the ball. Push up with your arms, lifting your hips. Lower your body back to the starting position. Repeat 10-15 times.

06. prone dumbbell row



Start in a prone position with your hands on the ball. Push up with your arms, lifting your hips. Lower your body back to the starting position. Repeat 10-15 times.

07. prone military press



Start in a prone position with your hands on the ball. Push up with your arms, lifting your hips. Lower your body back to the starting position. Repeat 10-15 times.

08. lying tricep extension



Start in a lying position on the ball with knees bent. Lift your hips and extend your arms upwards. Lower your arms back to the starting position. Repeat 10-15 times.

Igym Fn 20001 20065 Gymball Exercises Guide User Guide

M Mark



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