



# gymball advanced

01. adductor stretch



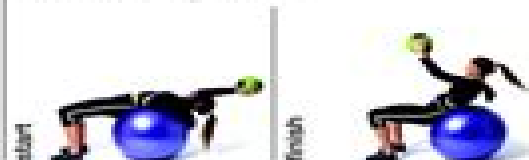
Start in a seated position on the ball with feet flat on the floor. Push your feet out to the sides, away from your body, and lean forward slightly. Hold for 30 seconds.

02. oblique crunch



Start in a side-lying position on the ball with knees bent and feet flat on the floor. 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 in front of your chest. Pull the ball over your head and back, keeping your arms straight. Hold for 30 seconds.

04. gymball push up (hands on)



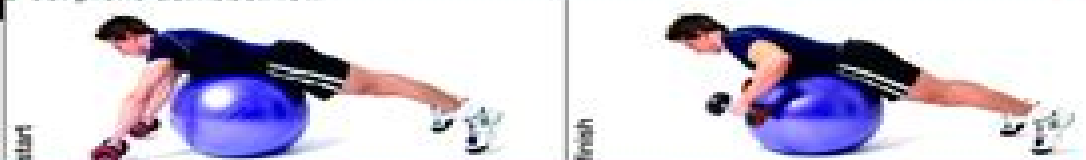
Start in a plank position with your hands resting on the ball. Lower your body until your elbows are at a 90-degree angle, then push back up. Repeat for 10-15 reps.

05. gymball combo 01



Start in a plank position on the ball. Move into a side plank, then back to the starting position. Repeat for 10-15 reps.

06. prone dumbbell row



Start in a prone position on the ball with your feet flat on the floor. Hold a dumbbell with both hands in front of your chest. Pull the dumbbell up towards your chest, keeping your arms straight. Hold for 30 seconds.

07. prone military press



Start in a prone position on the ball with your feet flat on the floor. Hold a dumbbell with both hands in front of your chest. Press the dumbbell up overhead, keeping your arms straight. Hold for 30 seconds.

08. lying tricep extension



Start in a lying position on the ball with your feet flat on the floor. Hold a dumbbell with both hands in front of your chest. Extend the dumbbell overhead, keeping your arms straight. Hold for 30 seconds.

# Igym Fn 20001 20065 Gymball Exercises Guide User Guide

**Michal Rosen-Zvi**



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