



gymball advanced

01. adductor stretch



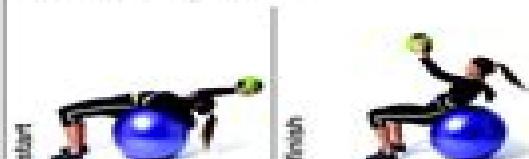
Start sitting on the ball with feet flat on the floor. Push your feet out to the sides, keeping your knees bent. Hold for 30 seconds.

02. oblique crunch



Start lying on your side with your head, shoulders, hips and feet on the ball. Lift your head and shoulders off the ball, crunching towards your knees. Hold for 30 seconds.

03. med ball pullover



Start sitting on the ball with feet flat on the floor. Hold the med ball with both hands in front of you. Pull the ball over your head, keeping your arms straight. Hold for 30 seconds.

04. gymball push up (hands on)



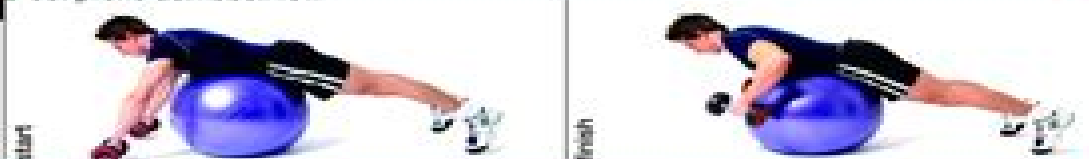
Start in a plank position with your hands on the ball. Push up, lifting your hips off the floor. Hold for 30 seconds.

05. gymball combo 01



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

06. prone dumbbell row



Start lying on your stomach with your head, shoulders, hips and feet on the ball. Hold the dumbbell with both hands in front of you. Pull the dumbbell up towards your chest, keeping your arms straight. Hold for 30 seconds.

07. prone military press



Start lying on your stomach with your head, shoulders, hips and feet on the ball. Hold the dumbbell with both hands in front of you. Press the dumbbell up towards your head, keeping your arms straight. Hold for 30 seconds.

08. lying tricep extension



Start lying on your stomach with your head, shoulders, hips and feet on the ball. Hold the dumbbell with both hands in front of you. Extend the dumbbell down behind your head, keeping your arms straight. Hold for 30 seconds.

Igym Fn 20001 20065 Gymball Exercises Guide User Guide

James Milligan



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