



715-571-7788 office * FreeFitTips.com

BALL & BAND ROUTINE

Directions: Do three sets of each exercise with out resting between sets. Sets are counted as follows, 8 slow repetitions, then immediately do 8 quick repetitions. The quick repetition set should be double speed of the slow repetition set. Some of the exercises will request that you hold a certain position verses doing the 8 quick repetition sets.

1st Exercise- SQUATS

Equipment- Ball only Sets- 8 slow, 8 quick

Position the ball directly behind you. Stand with your feet approximately shoulder width apart. Lower your body into a seated position as if you were going to sit on the ball. DO NOT transfer your body weight on to the ball. Squat down far enough were your butt just touches the ball. Stand up bring your body to the start position.

2nd Exercise- LUNGES

Equipment- Band only Sets- 8 slow, 8 quick

Position your body into a deep lunge. Place the band under your front foot. With your hands, pull the bands up to shoulder level; allow the band to wrap around the back of your shoulders as you hold it in position. Lower your body as to allow both knees to bend at a 90 degree angle and rise back up again. Keep good posture during the exercise.

3rd Exercise- BRIDGE

Equipment- Ball only Sets- 8 slow, 8 second hold

Lye on the floor with the ball placed under your feet with knees bent at 90 degrees. Place your arms on the floor extended out from each side of your body. Lift your hips up off the floor creating a plank position with your body from your shoulders to your knees. Avoid ball movement. Return to start position however do not transfer 100% of your body weight to the floor.

4th Exercise- PUSH UPS

Equipment- Ball only Sets- 8 slow, 8 second hold

Kneel in front of the ball, place your belly on the ball and walk your hands forward while your legs are on top of the ball. Roll forward until the ball is between your hips and knee. Avoid letting your back sag, contract your core muscles to maintain plank position. Begin push ups. Goal is 8 repetitions, and then hold the plank position for 8 seconds.

5th Exercise- DIPS

Equipment- None Sets- 8 slow, 8 second hold

Sit on the floor with knees bent with feet flat on the floor hip width apart. Place the palms of your hands on the floor at each side of your body, fingers facing your toes. Keep your arms tucked close to your body. With your arms, push your butt up off the floor. Avoid locking your elbows. Lower your butt to the floor with out transferring your body weight. Repeat 8 repetitions, and then hold the start position for 8 seconds.

6th Exercise- SEATED ROW

Equipment- Band only Sets- 8 slow, 8 second hold

Sit on the floor and wrap the band around your feet several times in order to create tension once you extend your legs and sit up straight with good posture. Hold each end of the band with your hands. Pull the bands toward your body while sticking your chest out and squeezing your shoulder blades inward. Release and return to start position. Repeat 8 repetitions, and then hold the pulled back position for 8 seconds.

7th Exercise- BICEP CURL

Equipment- Band only Sets- 8 slow, 8 second hold

Stand in the middle of the band gripping the handles in each hand. Stand with feet approximately hip width apart. Begin with your arms relaxed at each side of your body then curl upward bending at your elbow, pulling your hands up toward your chest. Keep your elbows tucked in to your ribcage. Release the tension by slowly bringing your arms down to each side of your body. Repeat 8 repetitions, and then hold the curled position for 8 seconds.

8th Exercise- EXTENDED ARM RAISES

Equipment- Band & Ball Sets- 8 slow, 8 second hold

Sit on the ball with good posture; secure the middle of the band under your feet. Grip each end of the band with your hands. Fully extend your arms out to each side of your body and gently pull up. Release the tension by lower your hands and repeat. Repeat 8 repetitions, and then hold the position in the elevated position for 8 seconds.

9th Exercise- AB CRUNCH

Equipment- Ball only Sets- 20 repetitions (2 times)

Sit on the ball; slowly roll forward on the ball allowing the ball to position up near your back. Bring your hands to the floor (to help with stability) and raise your hips up level with your upper body. Roll your body on the ball to position the ball near your hips. Create a table with your body, four legs on the floor (two hands, two feet) While keeping your shoulders and hips level (like a table top) slowly elevate your chin toward the ceiling, do not tuck your chin into your chest. Small movement is all you need.