

Fitness BALL

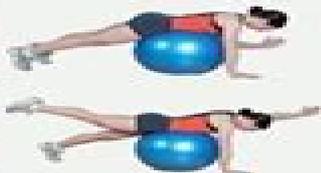
Complete WORKOUT

SET 1

PUSH-UPS



ALTERNATING ARM-LEG EXTENSION



BASIC ROLLOUT



BUTT LEG LIFT



KNEELING BALL SQUEEZE



SET 2

BODY BALL FLYE



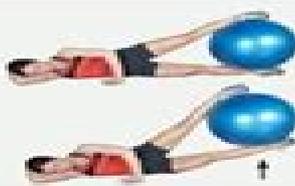
REVERSE FLYE



AB CRUNCH



SIDE LEG LIFT



STANDING CALF



SET 3

ROLLUP NECK CRUNCH



BACK EXTENSION



PASSOVER CRUNCH



INNER THIGH BALL SQUEEZE



STANDING SIDE LEG PUSH



SET 4

EXTERNAL SHOULDER ROTATION



CRUNCH LEGS ON BALL



PELVIC TILTS



HAMSTRING SQUEEZE



TOE PULLS



BEGINNER

10-15 REPS X 2 SETS

INTERMEDIATE

10-15 REPS X 3 SETS

ADVANCED

10-15 REPS X 4 SETS

RESTS BETWEEN SETS:

1 MIN MAX



Exercise Ball Workout

Lucy Knight



Exercise Ball Workout:

The book delves into Exercise Ball Workout. Exercise Ball Workout is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Exercise Ball Workout, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Exercise Ball Workout
 - Chapter 2: Essential Elements of Exercise Ball Workout
 - Chapter 3: Exercise Ball Workout in Everyday Life
 - Chapter 4: Exercise Ball Workout in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Exercise Ball Workout. The first chapter will explore what Exercise Ball Workout is, why Exercise Ball Workout is vital, and how to effectively learn about Exercise Ball Workout.
3. In chapter 2, this book will delve into the foundational concepts of Exercise Ball Workout. The second chapter will elucidate the essential principles that need to be understood to grasp Exercise Ball Workout in its entirety.
4. In chapter 3, this book will examine the practical applications of Exercise Ball Workout in daily life. This chapter will showcase real-world examples of how Exercise Ball Workout can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Exercise Ball Workout in specific contexts. The fourth chapter will explore how Exercise Ball Workout is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Exercise Ball Workout. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Exercise Ball Workout.

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