

**ABS - BALL LEG ROLL**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Get into a push up position with an exercise ball under your thighs and your hands flat on the floor and your feet in the air. Keep your back straight. Movement: Exhale as you roll the ball in by pulling your knees towards your chest. Inhale as you slowly return your legs to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0
Set 2	10		0
Set 3	10		0

**ABS - BALL CRUNCHES RESISTED**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Lie with your upper back on an exercise ball and your feet flat on the floor. Hold a medicine ball with both hands above your chest. Movement: - Exhale as you crunch your upper body off the ball. Pause for a moment in the contracted position. Inhale as you return back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		10
Set 2	12		10
Set 3	12		10

**LEGS - DB UPRIGHT ROW SQUAT**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a dumbbell in each hand with your arms hanging down in front of you. Lower yourself down so that both of your knees have a 90-degree bend in them. Movement: Exhale as you press yourself up into a standing position and pull the dumbbells up to chin level while pointing your elbows up. Inhale as you lower yourself back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	8		20
Set 2	8		20
Set 3	8		20

**BACK - DUMBBELL ROW**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Place one hand and the same-side knee on an exercise bench, the foot of the opposite leg on the floor, and the hand on that side of the body holding a dumbbell in your hand hanging at arms length below your shoulder. Movement: - Exhale as you pull the dumbbell upward until it touches your outer chest. Inhale as you lower the dumbbell slowly to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	8		25

Set 2	8	at	25
Set 3	8	at	25

**LEGS - DUMBBELL SIDE LUNGES**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a dumbbell in each hand with your arms hanging down in front of you. Movement: Inhale as you take a large step to your right side and lower yourself down until your right knee has a 90-degree bend in it. Exhale as you press yourself back up to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	8	at	20
Set 2	8	at	20
Set 3	8	at	20

**SHOULDERS - REAR DB FLIES**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Bend over with your back flat and knees slightly bent; hold one dumbbell in each hand, arms straight, and dumbbells hanging directly below your shoulder joints. Movement: - Exhale while raising the dumbbells to the side up to the shoulder level keeping your elbows slightly bent, pause briefly. Inhale as you slowly lower the weights to the starting position. Repeat as required.

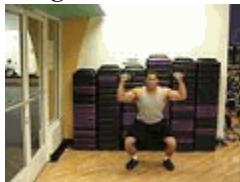
<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	8	at	10
Set 2	8	at	10
Set 3	8	at	10

**LEGS - DB SHOULDER PRESS SQUAT**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a dumbbell in each hand near your shoulder, with elbows bent and palms turned away from you. Lower yourself down so that both of your knees have a 90-degree bend in them. Movement: Exhale as you press yourself up into a standing position and press the dumbbells up above your head until your arms have just a slight bend in them. Inhale as you lower yourself back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	8	at	15
Set 2	8	at	15
Set 3	8	at	15

**BACK - BALL PRONE DB ROW**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Lie with your stomach on an exercise ball and grip a dumbbell in each hand. Allow your arms to hang down in front of you palms facing the ball. Movement: - Exhale as you bend your elbows and pull the dumbbells up towards your outer chest. Pause briefly with the dumbbells held against your chest. Inhale as the weight is slowly lowered to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
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Set 1	<input type="text" value="8"/>	at	<input type="text" value="15"/>
Set 2	<input type="text" value="8"/>	at	<input type="text" value="15"/>
Set 3	<input type="text" value="8"/>	at	<input type="text" value="15"/>

**LEGS - MEDICINE BALL TWISTING LUNGE**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a medicine ball with both hands near your chest. Movement: Inhale and twist the medicine ball to your right side as you take a large step forward with your right foot. Lower yourself down until your right knee has a 90-degree bend in it. Exhale as you press yourself back up to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="8"/>	at	<input type="text" value="10"/>
Set 2	<input type="text" value="8"/>	at	<input type="text" value="10"/>
Set 3	<input type="text" value="8"/>	at	<input type="text" value="10"/>

**BACK - BALL RESISTED HYPEREXTENSIONS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Lie with your stomach on an exercise ball and your feet against a wall. Allow your upper body to hang down slightly. Grip a medicine ball at your chest. Movement: - Exhale as you pull your upper body up as far as you can. Inhale as you return back down to the starting position. Repeat as required

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="10"/>	at	<input type="text" value="15"/>
Set 2	<input type="text" value="10"/>	at	<input type="text" value="15"/>
Set 3	<input type="text" value="10"/>	at	<input type="text" value="15"/>