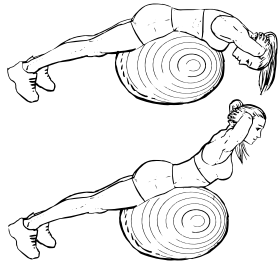


Swiss Ball Love 1

33 min · Abs, Arms, Back, Chest, Legs, Shoulders

We all love the Swiss Ball. Unlike a stable bench, a Swiss Ball provides comfortable instability, meaning your core muscles are engaged when performing every exercise. This is a standard upper-body/core workout that will enable you to train muscles you didn't even know you had.

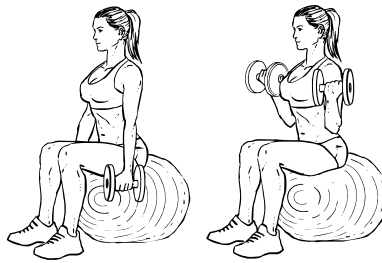
Swiss Ball Back Extensions



3 sets 12 reps 45 sec rest

Place your feet against the wall if necessary. Build yourself a tree-trunk-stable core.

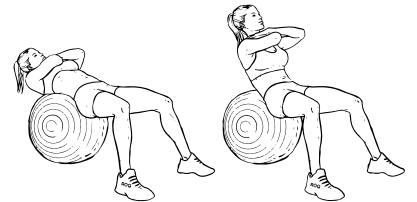
Swiss Ball Bicep Curls



3 sets 10 reps 45 sec rest

Find your comfortable weight (that burns at 10 reps). Don't forget your h2o!

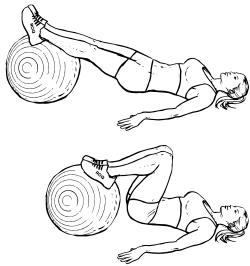
Swiss Ball Crunches



2 sets 14 reps 45 sec rest

'Upper abs are unattractive' - Said no one, ever.

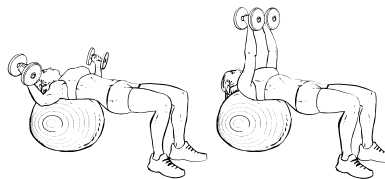
Swiss Ball Hamstring Leg Curl



3 sets 12 reps 45 sec rest

Make sure to lift your butt off the ground forming a bridge. Use your core to maintain stability.

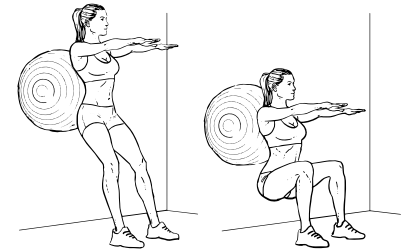
Swiss Ball Dumbbell Chest Flyes



3 sets 10 reps 45 sec rest

Try not to over extend, don't allow your arms to drop below your shoulder line. Check out the instructions below!

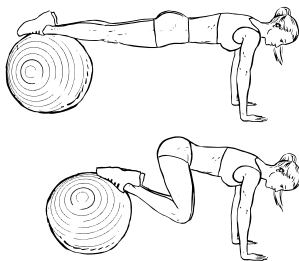
Swiss Ball Squats



2 sets 14 reps 45 sec rest

Aim for form here, use the ball as your aid and maintain a 3-second-up, 3-second-down rhythm.

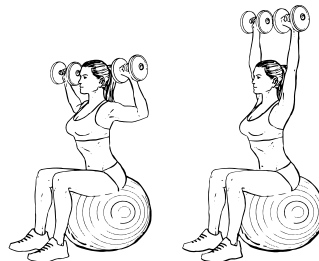
Swiss Ball Knee Tuck to Chest



3 sets 12 reps 45 sec rest

Use your abs to really pull those knees toward your chest! You're on your final 3 exercises now!

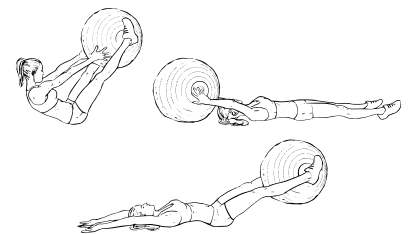
Swiss Ball Dumbbell Shoulder Press



3 sets 10 reps 45 sec rest

Do not let your elbows fall below your shoulder line. Don't push with too much weight here.

Swiss Ball Hand Off



2 sets 14 reps 45 sec rest

Show that ball some love! Each pass is one rep. You've nailed this workout!