



Workout Routine Sample

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FitnessBliss.com

Ball Workout Routine for Arms

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Workout Routine Snapshot

1 Workout Days

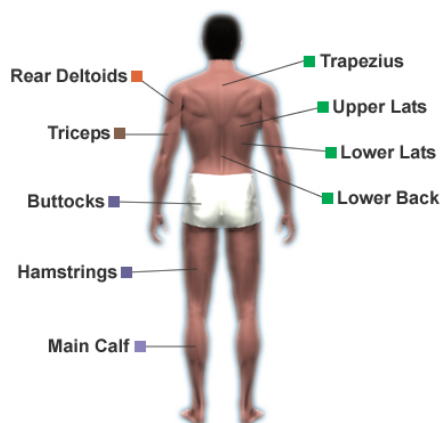
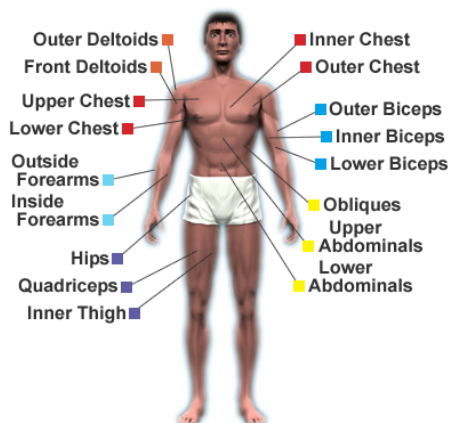
0 Cardio Exercises









4 Strength Training →

0 Stretching Exercises

2 ■ Biceps

2 ■ Triceps



 	<p>■ Biceps Biceps Curl (Ball) - Standing</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Stand up with your back against the ball, itself against the wall and hold dumbbells down the sides of your body.</p> <p>Motion Raise the dumbbells towards your shoulders and slowly lower them back after a short pause.</p> <p>Tips/Caution Keep your back and upper arms still throughout.</p>
 	<p>■ Biceps Biceps Curl (Ball) - Preacher; One-at-a-Time</p> <p>Secondary Muscles Inside Forearms, Lower Biceps</p> <p>Starting Position Kneel down in front of the ball and rest your upper arm on top of it while holding a dumbbell.</p> <p>Motion Raise the dumbbell towards your shoulder and slowly lower it back after a short pause. Alternate sides after each set.</p> <p>Tips/Caution Keep your back and upper arm still throughout.</p>
 	<p>■ Triceps Triceps Extension (Ball)</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Lie prone with your forearms on top of the ball, back and legs fully extended.</p> <p>Motion Push yourself up by rolling the ball towards your hands to extend your arms and slowly lower yourself back down after a short pause.</p> <p>Tips/Caution Focus on exercising the triceps.</p>
 	<p>■ Triceps Triceps Extension (Ball) - Weighted</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Lie on your back, shoulder blades against the ball, buttocks off the floor and hold dumbbells on each side of your head, upper arms perpendicular to the floor.</p> <p>Motion Raise the dumbbells up by straightening your arms and slowly lower them back after a short pause.</p> <p>Tips/Caution Keep your upper arms still throughout.</p>