



Workout Routine Sample

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FitnessBliss.com

Ball Workout Routine for Back

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Workout Routine Snapshot

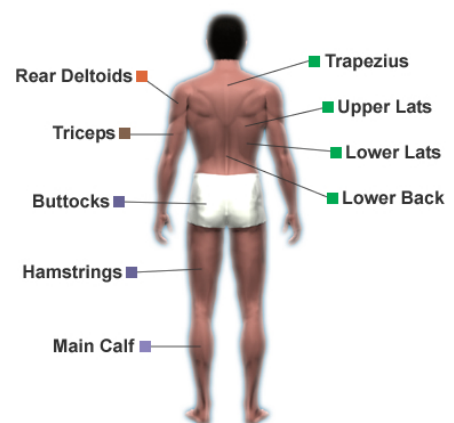
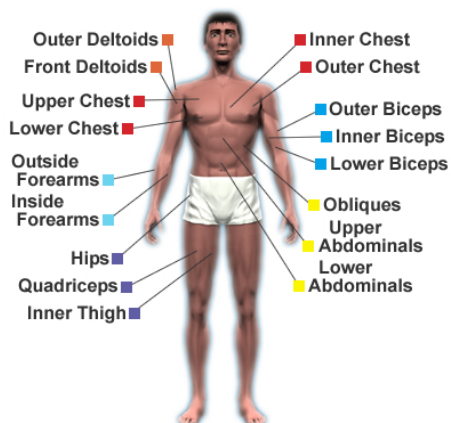
1 Workout Days

0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Back





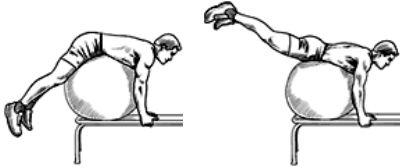
■ Back | Hyperextension (Ball)

Secondary Muscles Hamstrings, Buttocks, Lower Back

Starting Position Kneel down in front of the ball, your belly pressed on top of it and place your hands on each side of the ball.

Motion Extend your back by extending your arms and legs and return to starting position after a short pause.

Tips/Caution Breathe out while extending and breathe in while returning to starting position.



■ Back | Hyperextension (Ball) - Reverse

Secondary Muscles Hamstrings, Buttocks, Lower Back

Starting Position Lie prone on top of the ball which is itself on top of a bench, legs down but extended and grip the bench with both hands to maintain balance.

Motion Raise your legs up while keeping your legs extended and slowly lower them down after a short pause.

Tips/Caution Breathe out while raising your legs and breathe in while returning to starting position.



■ Back | Bridge (Ball)

Secondary Muscles Buttocks, Lower Back

Starting Position Crouch down on your feet, press your shoulder blades against the ball behind you and place your hands across your chest.

Motion Without moving your feet, extend your back until it is parallel to the floor and lower it back after a short pause.

Tips/Caution Breathe out while extending and breathe in while returning to starting position.



■ Back | Arm-Leg Extension (Ball) - Alternating

Secondary Muscles Hamstrings, Buttocks, Lower Back, Upper Back

Starting Position Lie prone on top of the ball, your belly pressed against it and maintain balance with your feet and hands on the floor.

Motion Extend your left arm and right leg out and up and lower them back after a short pause. Alternate sides after each repetition.

Tips/Caution Breathe out while extending and breathe in while returning to starting position.