

Ball Workout Routine for Legs Printed on Apr 27 2010

Workout Routine Snapshot

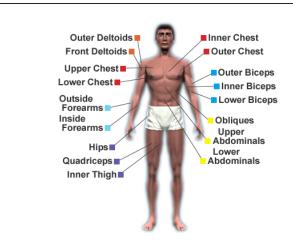
1 Workout Days

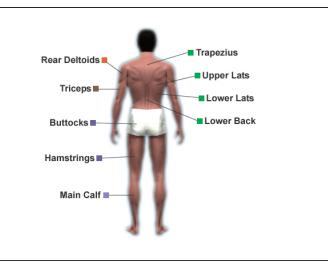
0 Cardio Exercises

4 Strength Training

0 Stretching Exercises

4 ■ Thighs





Ball W	• FitnessBliss.com									
Cardio / Strength Training	# of Sets	# of Reps	Progress	Log						
Thighs Squat (Ball) - on Wall										
	3	6								
■ Thighs Squat (Ball) - on Wall; Sideways; One-Legged										
	3	6								
■ Thighs Squat (Ball) - One-Legged										
	3	6								
■ Thighs Reverse Bridge (Ball)										
	3	6								

Detailed Strength	Training Exercise I	nformation	FitnessBliss.com Copyright, Blisslogik Inc.				
■ Thighs Squat (Ball) - on Wall							
	a	Secondary Muscles	Buttocks, Quadriceps				
		Starting Position	Crouch with your back pressed against the ball, itself against the wall, knees at 90 degree angles and place your hands behind your ears.				
		Motion	Raise yourself up by extending your legs and slowly lower youself back after a short pause.				
		Tips/Caution	Breathe out while raising yourself up and breathe in while returning to starting position.				
	1	■ Thighs Squat (Ball)) - on Wall; Sideways; One-Legged				
		Secondary Muscles	Inner Thigh, Buttocks, Quadriceps				
		Starting Position	Crouch on one leg with your side pressed against the ball, itself against the wall with your knee at a 90 degree angle.				
		Motion	Raise yourself up by extending your leg and slowly lower yourself back after a short pause. Alternate sides after each set.				
		Tips/Caution	Breathe out while raising yourself up and breathe in while returning to starting position.				
		Thighs Squat (Ball)) - One-Legged				
		Secondary Muscles	Buttocks, Quadriceps				
		Starting Position	Stand with one ankle on top of the ball behind you and crouch down until your knee is at a 90 degree angle.				
		Motion	Raise yourself up by extending your leg and slowly lower yourself back after a short pause. Alternate sides after each set.				
		Tips/Caution	Breathe out while raising yourself up and breathe in while returning to starting position.				
■ Thighs Reverse Bridge (Ball)							
		Secondary Muscles	Hamstrings, Buttocks				
		Starting Position	Lie on your back with your feet on top of the ball, knees and thighs bent.				
		Motion	Lift your back from the floor by extending your legs and slowly lower yourself back down after a short pause.				
		Tips/Caution	Keep your back straight throughout.				