

# GET ON THE BALL

## Strength Training with Stability Balls

### CHEST:

Push-up



getting into position

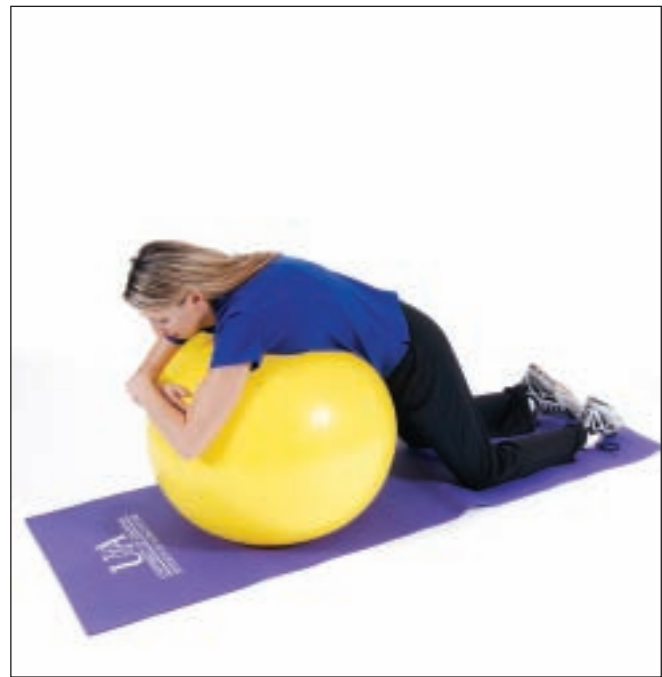


Chest Press



### CORE:

Back Extension



Abdominal Curl



getting into position



### LEGS:

Ball Squat



Calf Raise



Knee Extension

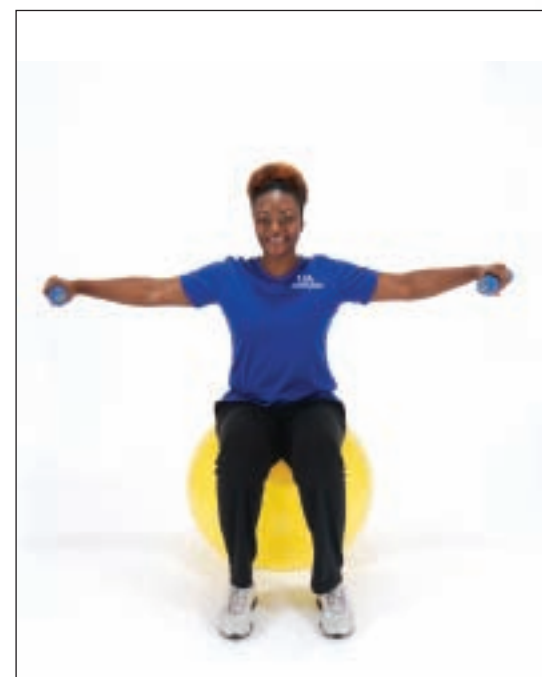
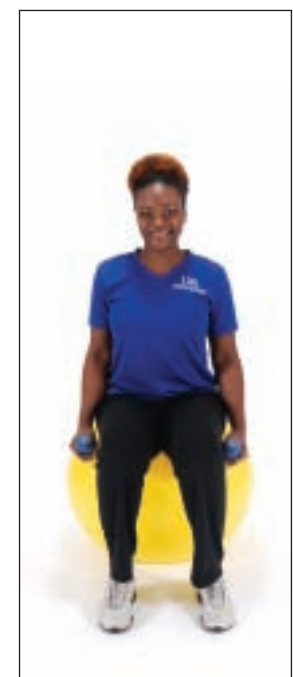


### SHOULDERS:

Overhead Press

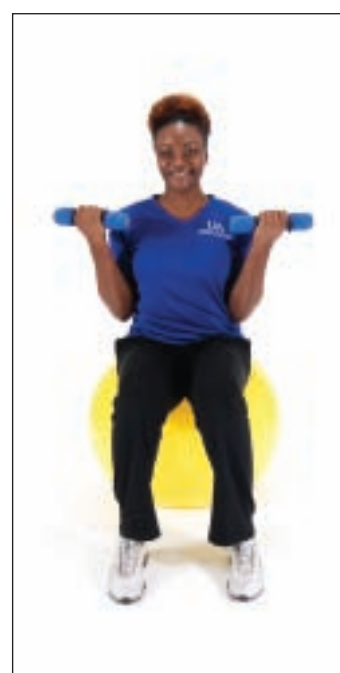


Side Lateral Raise



### ARMS:

Bicep Curl



Wrist Curl



Fit In 10

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