

High Efficiency Stability Ball Workout

This stability ball workout routine is designed to give people of all fitness levels an effective total body workout in only 15-20 minutes. These nine exercises hit all the major muscle groups while enhancing balance and core stability. All that is needed is a stability ball and a set of hand weights. Feel free to change the order of the exercises to fit your needs. Also if needed adjust the amount of weight being used to fit your personal strength level, while still maintaining proper form. Make sure to end your routine with at least a few minutes of stretching exercises.



1. Elevated Split Lunge with Lateral Raises

(Legs, glutes, core, shoulders)

The beginning move is a lunge with a lateral raise. For beginners, with weight in hand go into a lunge position with your right foot in front of you and left foot behind. Now starting with arms to the side go down into a lunge while simultaneously performing a lateral raise by lifting weight out to the side to shoulder level and come back up (do not allow your knee to extend past your toes). Do 12 to 15 repetitions and switch legs. For a more advanced work out place your back shin onto a stability ball and do the above exercise.



2. Wall Squats with Biceps Curls

(Legs, glutes, biceps)

Position the ball between your low back and a wall. With weight in each hand and your feet shoulder width apart, bend the knees and lower yourself down until your thighs are parallel with the floor or a 90 degree angle while keeping the back straight (do not allow knees to extend beyond the toes). As you are lowering yourself, complete one biceps curl, then return to starting position. Complete 12 to 15 repetitions. For greater difficulty increase weight or perform single-leg squats.



3. Decline Push-up with Tuck/Extend

(Core, chest, shoulders)

Position your hands on the floor slightly wider than shoulder-width and place your legs on top of the ball (for less resistance place quads on ball, for greater resistance place shins or even toes on ball). Keep the hips steady and the abs

contracted tight and your back straight. Bend the elbows and lower the chest toward the floor return to starting position. Now the tuck/extend part, contract your abs and round the spine as you tuck the knees and bring your legs in by rolling the ball forward. Keep alternating exercises until you complete 12 to 15 of each one. If unable to do tuck/extend, that's okay, work up to it.



4. Weighted Pullovers

(Lats, chest, abdominals)

From a seated position, roll the ball out until it's under your upper back or shoulder blades. Hold weight in both hands above your head, keep arms straight and extend arms behind your head as far as you feel comfortable. Return to starting position and repeat (to much weight or extending to far can result in injury).



5. Mid-back Tows and Triceps Kickbacks

(Back, triceps)

Assume a prone plank position by resting your upper torso on the ball with your feet on the floor, hip-width apart (if need for stability and added friction place feet on

the floor against a wall). Hold a weight in each hand and, while keeping the elbows close to the body and maintain shoulder tension, complete a row movement by pulling the elbows back while squeezing the shoulder blades together. Next while maintaining the row position contact the triceps and extend the elbows. You can separate the 2 exercises if preferred and do the rows and triceps extension separately and do 12 to 15 repetitions of each. (If the triceps extension is difficult or uncomfortable with weight start with no weight and work up).



6. Ball Plank

(Core, shoulder stabilization)

With Elbows and forearms on the ball, assume a prone plank position with feet hip-width apart. Contract the abdominals, hold the hips steady and keep the body elevated and straight and hold for 30 seconds then relax. You can repeat exercise as you please. (To increase difficulty, move elbows closer together)



7. Russian Twist

(obliques, core)

From a seated position, roll your body out along the ball until your torso and hips are parallel to the floor and the ball is beneath your shoulders and head. Place both feet on the floor hip-width apart (the closer your legs are together the harder it is) keep a 90 degree bend at the knees. Clasp your hands together over your head, arms straight and contract your abdominals as you rotate the torso to one side until you are

completely on your side or as far as possible without losing your balance. Return to center and repeat on the opposite side. Be sure to keep your feet on the floor and your hips lifted throughout the exercise. Complete 12 to 15 repetitions on each side.



8. Hip Lift/Leg Curl Combo

(Core, glutes, hamstrings, calves)

Lie on the floor with the ball under your heels and your arms out to your sides with palms facing up. Straighten your legs and lift your hips off the ground to reach the starting position. Bend your knees and bring your heels and the ball toward your you/glutes without letting your hips drop. Push the ball away from you to return to the starting position. Complete 12 to 15 repetitions.



9. Windshield Wiper

(Inner thighs, core)

Lie on the floor with the ball between your knees, shins, or ankles, and your arms out to your sides, palms on the floor, keeping shoulder blades on the ground. While slightly squeezing the ball between your legs lift your legs so they are pointing upward and then lower your legs to one side without touching the ground and keeping shoulder blades on ground. Return legs to straight up position and lower to the other side. Try to do 12 to 15 repetitions or if unable, do as many as possible.