

# Free Fitness Ball Exercise Routine

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## **Free Fitness Ball Exercise #1: Reverse Curl**

1) Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air holding onto a ball. Position arms at sides with palms down on floor.



2) Leading with the heels towards the ceiling, raise glutes (butt) off floor or bench.

3) Return to start position.

4) Remember keep legs from swinging to prevent momentum throughout the exercise.

### **Trainer's comments:**

Target Muscles: Lower abdominal muscles

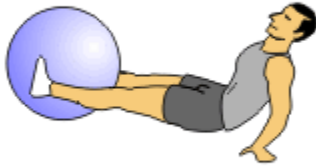
Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

## **Free Fitness Ball Exercise #2: Lower Abs In and Out**

Sit in a seated position and place a stability ball between your legs.

Straighten your legs and then bring your knees to your chest and lift the ball off the floor.

Return to the starting position.



### **Trainer's comments:**

Target Muscles: Lower abdominal muscles

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

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## **Free Fitness Ball Exercise #3: Lumbar Roll**



Start Position: Lie on your back and place a stability ball under your calves and knees. Let your legs fall to one side while maintaining contact with the ball. Return to the starting position and repeat to the other side.

### **Trainer's comments:**

Target Muscles: Oblique Abdominals

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

## **Free Fitness Ball Exercise #4: Squeeze, Twist and Crunch**

1. Start position: Lie back onto floor or bench with legs extended and straight up squeezing a stability ball and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor and twist your shoulders leading with the right shoulder. Return to start position and repeat with the other shoulder.



### **Trainer's comments:**

Target Muscles: Lower Abdominals and Oblique Abdominals

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

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### **Free Fitness Ball Exercise #5: 1-Arm Rollout on the ball**

1. Start by kneeling on the ground and placing one arm on top of the ball.
2. Keeping your abs tight and body parallel roll the ball forward letting your body roll forward with it.
3. Reach a point where it is hard to maintain stability and then using just your arm bring the ball in towards your body.
4. This is a great ab exercise but remember to keep your hips parallel with your body the entire time and just use your arm to move the ball forward and backwards.



#### **Trainer's comments:**

Target Muscles: Rectus Abdominals

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

### **Free Fitness Ball Exercise #6: Stability Ball Crunch**

1. Sit in upright position on flexaball with feet flat on floor.
2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
3. Place hands across your chest. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.
5. Return to start position.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.



#### **Trainer's comments:**

Target Muscles: Rectus Abdominals

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

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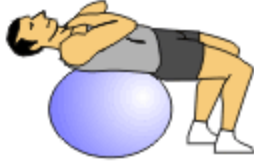
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## Free Fitness Ball Exercise #7: Alternating Crunch



- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
- 3) Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
- 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up and rotate your shoulders to the left.
- 5) Return to start position and repeat to the other side.

6) Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

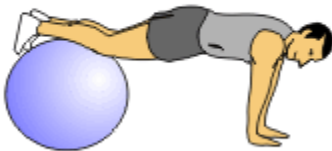
### Trainer's comments:

Target Muscles: Oblique abdominal muscles. These are important to help flatten your stomach!

Sets	Reps	Weight/ Resistance
1	8-12	Body Weight
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

## Free Fitness Ball Exercise #8: Two Leg Pike

- Rollout on the ball until your shins are on the ball and you are forming a bridge.  
Keeping this position roll your knees in towards your chest.  
Return to the starting position and repeat.



### Trainer's comments:

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

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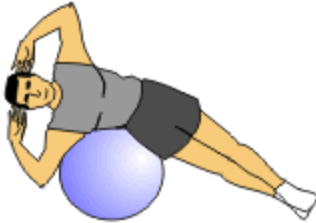
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### **Free Fitness Ball Exercise #9: Lateral Flexion on ball**

1. Start by laying across a stability ball so that the ball is placed under your hip.
2. Laterally flex your body and raise your upper body up towards the ceiling. Keep your body parallel the entire time.
3. Repeat for the prescribed repetitions and then repeat with the other side.

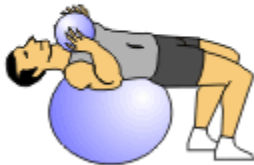


#### **Trainer's comments:**

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

### **Free Fitness Ball Exercise #10: Full Ball Situp with Twist (Med Ball)**

1. Sit in upright position on flexaball with feet flat on floor.
  2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
  3. Place hands on chest and hold a medicine ball. Head should be in a neutral position with a space between chin and chest.
  4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up and rotate your shoulders to the left.
  5. Return to start position and repeat to the other side.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.



#### **Trainer's comments:**

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

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### **Free Fitness Ball Exercise #11: Prone Pull Ins on Ball**

Start Position: Roll out on the ball so that your shins are on the ball and you are supported by your hands in a table top position.



Pull the ball using your feet towards your chest. While doing this bend your elbows in a pushup fashion. Return to starting position.

**Trainer's comments:**

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

### **Free Fitness Ball Exercise #12: Elbow Bridge (Plank)**

Starting Position: Place forearms and elbows on the ball and form a plank or bridge position.

Hold for the prescribed number of seconds. You should feel your abdominals working during this exercise.



**Trainer's comments:**

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

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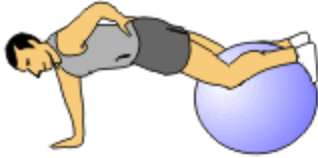
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### **Free Fitness Ball Exercise #13: 1-Arm Raise Level 1 on Ball**

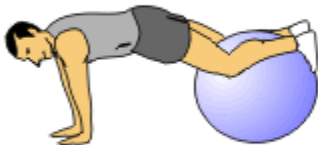


1. Start by placing your feet on top of the ball and holding a plank position with your hands on the ground.
2. Once your body is stabilized in this plank position slowly raise one arm off the ground.
3. Bring the arm forward and then return to the ground.
4. Repeat with the other arm.

**Trainer's comments:**

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

### **Free Fitness Ball Exercise #14: 1-Arm Raise Level 2 on Ball**



1. Start by placing your feet on top of the ball and holding a plank position with your hands on the ground.
2. Once your body is stabilized in this plank position slowly raise one arm off the ground.
3. Bring the arm forward and then backwards to your hip.
4. Return to the start position and repeat with the other arm.

**Trainer's comments:**

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

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### **Free Fitness Ball Exercise #15: Alternate Arm Swings on Ball**

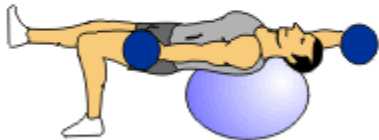


1. Starting Position: Lie supine on stability ball. Take a dumbbell in each hand and start with arms extended straight up towards ceiling.
2. Simultaneously keeping arms straight extend one arm back and the other arm forward.
3. When your arms are parallel to the floor return to the starting position.
4. Repeat for the prescribed number of repetitions.

**Trainer's comments:**

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

### **Free Fitness Ball Exercise #16: Alternate Arm Swings/Leg Raises on Ball**



1. Starting Position: Lie supine on stability ball. Take a dumbbell in each hand and start with arms extended straight up towards ceiling.
2. Simultaneously keeping arms straight extend one arm back and the other arm forward.
3. When your arms are parallel to the floor return to the starting position.
4. While you are swinging your arms alternate each leg by raising one leg off of the floor and returning to floor when your arms return to the starting position. Alternate legs.
4. Repeat for the prescribed number of repetitions.

**Trainer's comments:**

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

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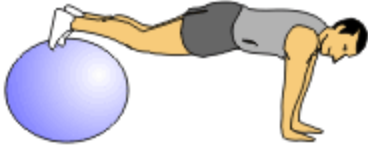
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## **Fitness Ball Exercise #17: Alternating Single Leg Bridge**

Rollout on the ball until just your feet are on the ball and you are forming a bridge.

Keeping this position lift one foot off of the ball and hold for 1-2 seconds.

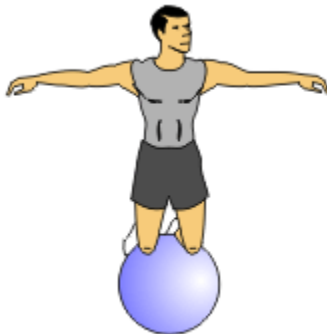
Return to the starting position and repeat with the other leg.



**Trainer's comments:**

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

## **Fitness Ball Exercise #18: Kneeling Balance**



Start Position: Position yourself on the ball by placing your shins on top of the ball and balancing in this position.

Use the tops of your feet to help control the movement of the ball by placing them against the ball.

Hold for the prescribed number of seconds.

**Trainer's comments:**

This is a difficult exercise. Start out holding on to a nearby bench or table.

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

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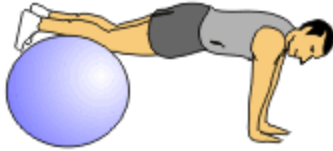
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## **Fitness Ball Exercise #19: Single Leg Alternating Pull In**

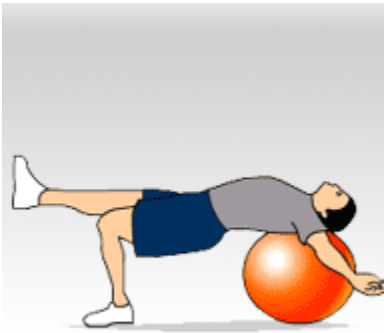
Rollout on the ball until your shins are on the ball and you are forming a bridge. Keeping this position roll one knee in towards your chest. Return to the starting position and repeat with the other leg.



**Trainer's comments:**

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

## **Fitness Ball Exercise #20: Single Leg Supine Bridge**



1. Start by lying on top of a stability ball with your upper back.
2. Create a table top with your trunk. Knees should be bent at 90 degrees and your trunk parallel to the floor.
3. Maintain this table top by contracting your abs, and glutes.
4. Raise one leg off the floor maintaining the table top position and extend the knee.
5. Return to the starting position and repeat with the other leg.

**Trainer's comments:**

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

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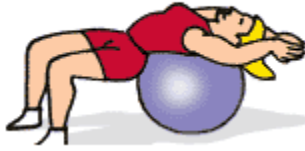
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## **Free Fitness Ball Exercise #21: Supine Abdominal Stretch**

Lie across the ball with the small of your back on top of the ball.

Stretch your arms back behind your head and somewhat reach for the floor.

Allow your abs to stretch and hold the position for the prescribed number of reps.



### **Trainer's comments:**

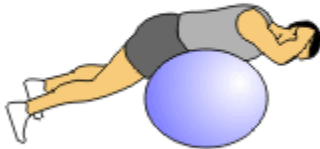
This is a good stretch to do after completing your abs

workout.

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

## **Fitness Ball Exercise #22: Low Back Extension**

- 1) Lie face down on flexaball with knees and feet on floor.
- 2) Flexaball placement should be at abdominal to lower chest region.
- 3) With hands on chest, raise trunk 4-8 inches.
- 4) Lower to start position.
- 5) To increase intensity, position ball down towards hips, feet wide with knees off floor. Hands may be placed behind head and overhead to further increase resistance. To increase stability, place feet against wall or stationary object.



### **Trainer's comments:**

This exercise will help strengthen your lower back. Many times, your lower back and abs work together for balance, so it's a good idea to work on strengthening them both.

Sets	Reps	Weight/ Resistance
1	8-12	
2	8-12	
3	8-12	
4		
5	Rest 30 sec.	

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## **Good Luck!**

It is proven that a regular routine of strengthening exercise with aerobic exercise will reduce fat, increase muscle, increase your metabolism (therefore allowing your body to burn fat faster) and help you feel better. You can do it! The fitness ball is my favorite way to exercise my abdominals. It's fun, there are a lot of exercises to choose from and you can get a good fitness ball cheap.

Helping you reach your fitness potential!

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## **Disclaimer**

Before adhering to any of these exercise recommendations, you should consult your physician. Please understand that you are solely responsible for starting this exercise program and you do so at your own risk.

In no way will [www.abs-exercise-advice.com](http://www.abs-exercise-advice.com) be held responsible for any injuries or problems that may occur due to the use of this workout or the advice contained within.

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