



## ~ Ball Stability ~

Pair up: Do each exercise for 30sec 1 person goes first the other rests while partner in action

### Warm Up:

- 50 jogs
- Dynamic Stretches

### Equipment

- Yoga Mat
- Stability Ball

#### 1. Ball Balance



#### 2. Roll Outs



#### 3. Ball Rolls



#### 4. Mountain Climbers



#### 5. Glute Raises



#### 6. Leg Raises



#### 7. Ball Push Ups/Hold



#### 8. Super Women



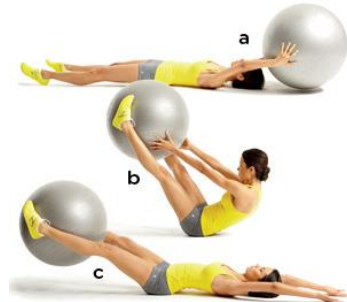
#### 9. 1 Legged Ball Sit



#### 10. Ball Twists



#### 11. Ball Pass



#### 12. Side To Sides



#### 13. Sit Ups



#### 14. Lateral Crunches

