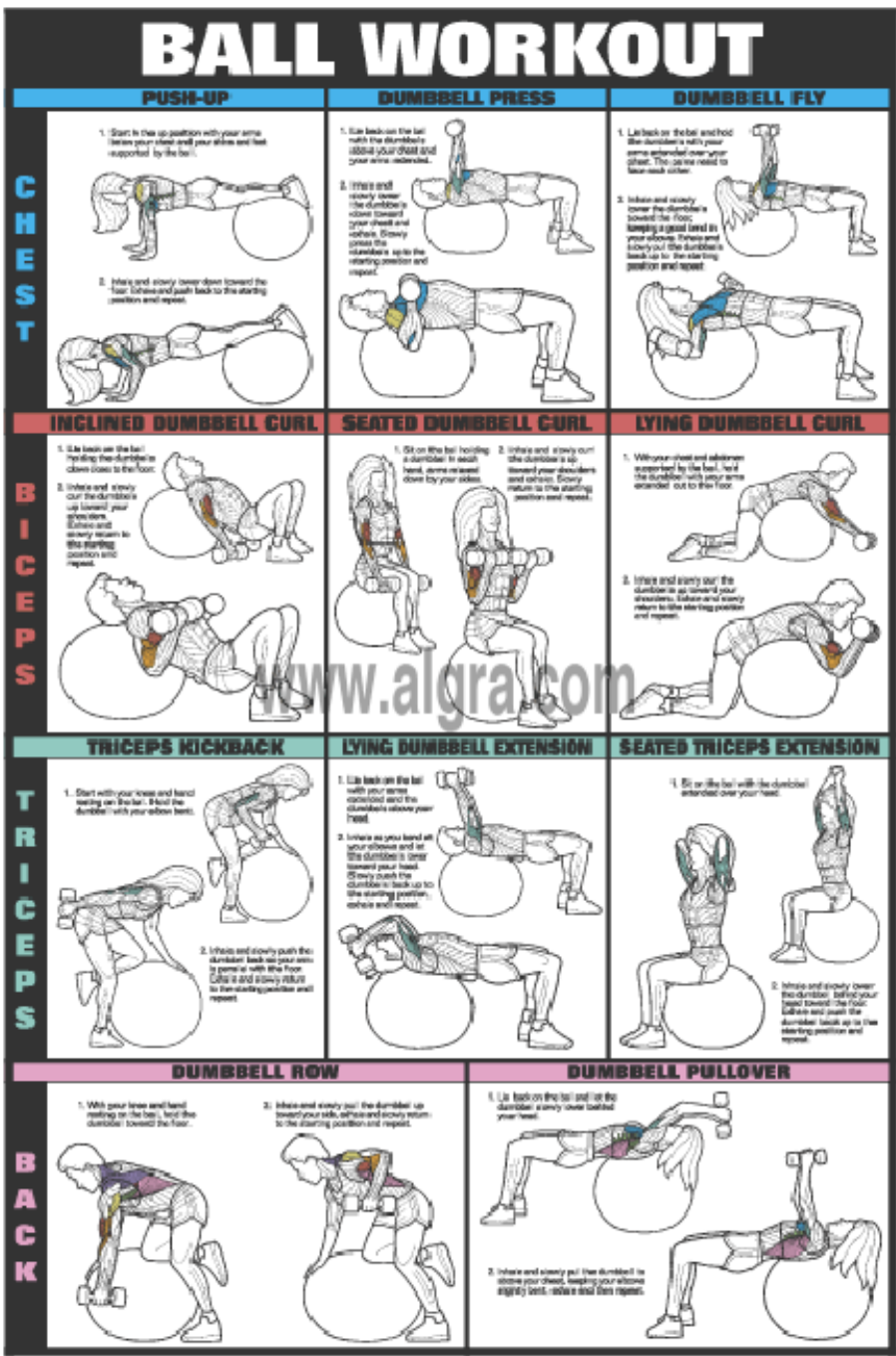


Swiss Ball Workout 1 Chart– BA086

<p>Description</p>	<p>◆ Bruce Algra's Swiss Ball Workout Poster is terrific exercise chart and fitness routine for men and women to use when using a ball. This workout routine presents exercises that shape, strengthen, and develop the chest, biceps, triceps, and back muscles. Bright colors highlight the muscles exercised and include just the right amount of instruction. A great fitness program using free weights and an easy on the body ball.</p>
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <p>BALL WORKOUT</p> <p>CHEST</p> <ul style="list-style-type: none"> PUSH-UP <ol style="list-style-type: none"> 1. Start in the up position with your arms below your head and your arms and feet supported by the ball. 2. Inhale and slowly lower down toward the floor. Exhale and push back to the starting position and repeat. DUMBBELL PRESS <ol style="list-style-type: none"> 1. Lie back on the ball with the dumbbells above your chest and your arms extended. 2. Inhale and slowly lower the dumbbells down toward your chest and exhale. Exhale and push the dumbbells up to the starting position and repeat. DUMBBELL FLY <ol style="list-style-type: none"> 1. Lie back on the ball with the dumbbells above your chest. The arms need to be parallel to the floor. 2. Inhale and slowly lower the dumbbells toward the floor, keeping a slight bend in your elbows. Exhale and push the dumbbells back up to the starting position and repeat. <p>BICEPS</p> <ul style="list-style-type: none"> INCLINED DUMBBELL CURL <ol style="list-style-type: none"> 1. Lie back on the ball holding the dumbbells close to the floor. 2. Inhale and slowly curl the dumbbells up toward your shoulders. Exhale and slowly return to the starting position and repeat. SEATED DUMBBELL CURL <ol style="list-style-type: none"> 1. Sit on the ball holding a dumbbell in each hand, arms extended down by your sides. 2. Inhale and slowly curl the dumbbell up toward your shoulders and exhale. Exhale and return to the starting position and repeat. LYING DUMBBELL CURL <ol style="list-style-type: none"> 1. With your chest and abdomen supported by the ball, rest the dumbbells with your arms extended out to the floor. 2. Inhale and slowly curl the dumbbells up toward your shoulders. Exhale and slowly return to the starting position and repeat. <p>TRICEPS</p> <ul style="list-style-type: none"> TRICEPS KICKBACK <ol style="list-style-type: none"> 1. Start with your knees and feet resting on the ball. Hold the dumbbell with your elbow bent. 2. Inhale and slowly push the dumbbell back up your torso to parallel with the floor. Exhale and slowly return to the starting position and repeat. LYING DUMBBELL EXTENSION <ol style="list-style-type: none"> 1. Lie back on the ball with your arms extended and the dumbbells above your head. 2. Inhale as you bend at your elbows and let the dumbbells hang toward your feet. Exhale and push the dumbbells back up to the starting position, triceps and repeat. SEATED TRICEPS EXTENSION <ol style="list-style-type: none"> 1. Sit on the ball with the dumbbell extended over your head. 2. Inhale and slowly lower the dumbbell behind your head toward the floor. Exhale and push the dumbbell back up to the starting position and repeat. <p>BACK</p> <ul style="list-style-type: none"> DUMBBELL ROW <ol style="list-style-type: none"> 1. With your knees and feet resting on the ball, hold the dumbbells toward the floor. 2. Inhale and slowly pull the dumbbell up toward your ribs, exhale and return to the starting position and repeat. DUMBBELL PULLOVER <ol style="list-style-type: none"> 1. Lie back on the ball and let the dumbbell slowly slide behind your head. 2. Inhale and slowly pull the dumbbell to above your chest, keeping your elbow slightly bent, exhale and then repeat.