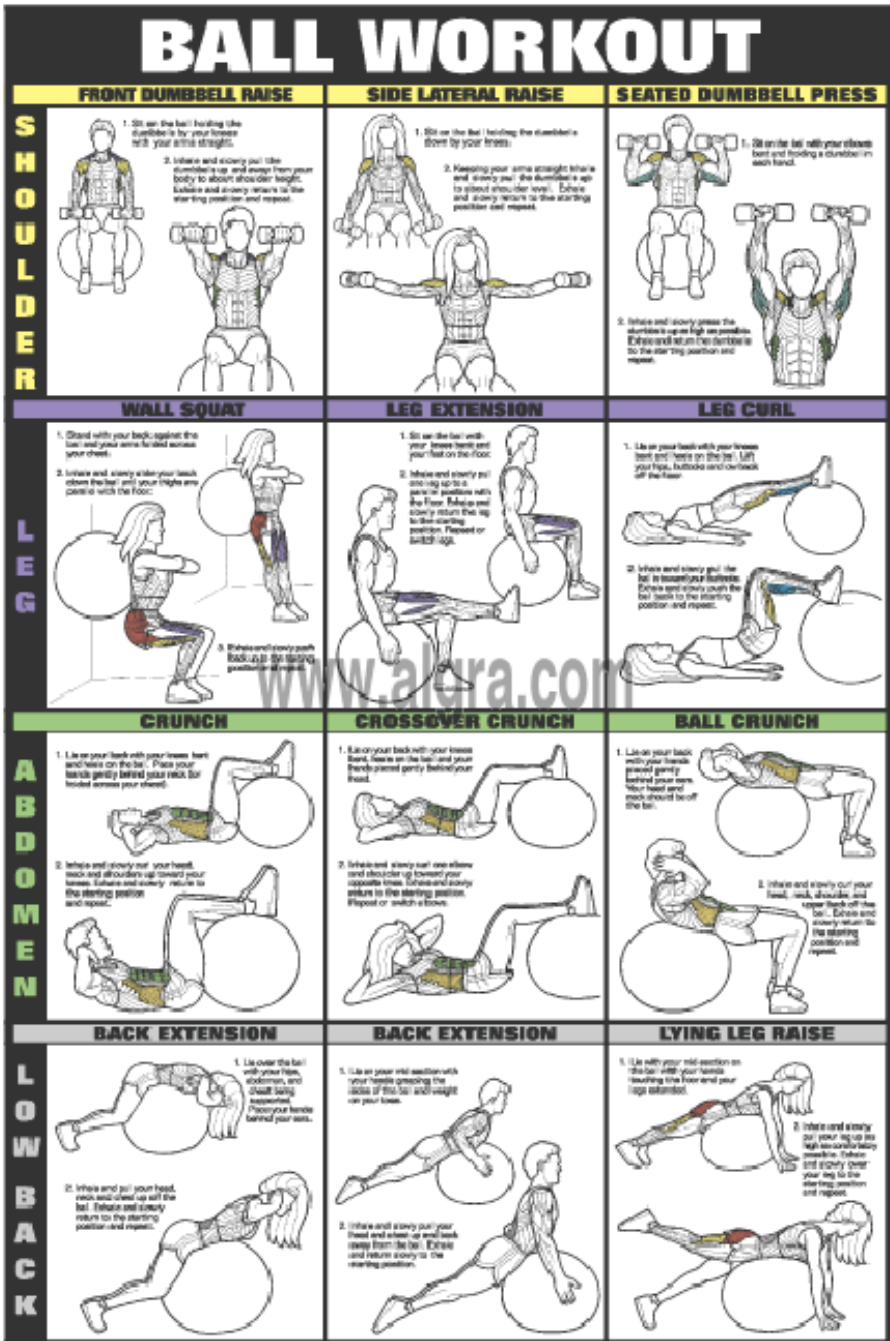


Swiss Ball Workout 2 Chart– BA087

<p>Description</p>	<p>◆ Bruce Algra's Swiss Ball Workout Poster is one of the most popular fitness posters when used for any exercise routine that involves a ball. This unique poster is designed for the use of both men and women. This fitness poster uniquely displays the exercises that shape, strengthen, and develop the shoulder, abdomen, leg, and lower back muscles. This is a great poster for co-ordinated universal swiss ball workouts.</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>SHOULDER</p> <ul style="list-style-type: none"> FRONT DUMBBELL RAISE <ol style="list-style-type: none"> 1. Sit on the ball holding the dumbbells by your knees with your arms straight. 2. Inhale and slowly pull the dumbbells up and swing them over your body to about shoulder height. Exhale and slowly return to the starting position and repeat. SIDE LATERAL RAISE <ol style="list-style-type: none"> 1. Sit on the ball holding the dumbbells front by your knees. 2. Keeping your arms straight inhale and slowly pull the dumbbells up to about shoulder level. Exhale and slowly return to the starting position and repeat. SEATED DUMBBELL PRESS <ol style="list-style-type: none"> 1. Sit on the ball with your knees bent and holding a dumbbell in each hand. 2. Inhale and slowly press the dumbbells up as high as possible. Exhale and sit on the dumbbells to the starting position and repeat. <p>LEG</p> <ul style="list-style-type: none"> WALL SQUAT <ol style="list-style-type: none"> 1. Stand with your back against the ball and your arms folded across your chest. 2. Inhale and slowly sink your back down further and your thighs are parallel with the floor. 3. Exhale and slowly push back up to the starting position and repeat. LEG EXTENSION <ol style="list-style-type: none"> 1. Sit on the ball with your knees bent and your feet on the floor. 2. Inhale and slowly pull one leg up to a 90-degree position with the floor. Exhale and slowly return the leg to the starting position. Repeat or switch legs. LEG CURL <ol style="list-style-type: none"> 1. Lie on your back with your knees bent and feet on the ball. Lift the legs, buttocks and back off the floor. 2. Inhale and slowly pull the ball to towards your buttocks. Exhale and slowly push the ball back to the starting position and repeat. <p>ABDOMEN</p> <ul style="list-style-type: none"> CRUNCH <ol style="list-style-type: none"> 1. Lie on your back with your knees bent and feet on the ball. Place your hands gently behind your neck for head support. 2. Inhale and slowly curl your head, neck and shoulders up toward your knees. Exhale and slowly return to the starting position and repeat. CROSSOVER CRUNCH <ol style="list-style-type: none"> 1. Lie on your back with your knees bent, feet on the ball and your hands crossed gently behind your head. 2. Inhale and slowly curl one knee and shoulder up toward your opposite knee. Exhale and slowly return to the starting position. Repeat or switch a knee. BALL CRUNCH <ol style="list-style-type: none"> 1. Lie on your back with your knees pulled gently behind your arms. Your neck and head should be off the ball. 2. Inhale and slowly curl your head, neck, shoulders and upper back off the ball. Exhale and slowly return to the starting position and repeat. <p>LOW BACK</p> <ul style="list-style-type: none"> BACK EXTENSION <ol style="list-style-type: none"> 1. Lie over the ball with your feet, abdomen, and chest being supported. Rest your hands behind your ears. 2. Inhale and pull your head, neck and chest up off the ball. Exhale and slowly return to the starting position and repeat. BACK EXTENSION <ol style="list-style-type: none"> 1. Lie on your mid-section with your hands gripping the sides of the ball and weight on your feet. 2. Inhale and slowly pull your head and chest up and back away from the ball. Exhale and return slowly to the starting position. LYING LEG RAISE <ol style="list-style-type: none"> 1. Lie on your mid-section on the ball with your hands holding the floor and your legs extended. 2. Inhale and slowly pull your legs up as high as possible. Exhale and slowly lower your legs to the starting position and repeat.