



Coreball Body Shaping System

WORKOUT CHART



(Legs) Hamstring Curls-Sit on the floor with the ball in front of you. Place the ankles on top of the ball and lie on the floor. Now, straighten legs and keep ankles on top of ball. Lift hips up towards the ceiling and keep them lifted. Now slowly bring heels in toward the rear and then back out to starting position.



(Legs and Core) Bridge on Ball-Lie on top of ball so that the shoulder blades are centered on top of the ball. Knees are bent at 90-degrees. Lift the hips toward ceiling until they are parallel with the floor. Now inhale and let the hips sink down toward the floor, then exhale and raise back up to starting position.



(Legs) Dead Lift-Stand with a dumbbell in each hand. Feet are hip width apart. Bend forward from the hip until back is parallel with the ceiling, knees are slightly bent and the back is straight. Slowly lift torso up toward the ceiling.



(Legs) Static Lunge-Place legs in a split lunge position with a dumbbell in each hand. Bend back leg and front leg until front knee is directly above front ankle. Back to the starting position. Repeat on the other leg.



(Back) Reverse Fly-Sit on ball. Rest torso on thighs. Look at the floor. Grasp both handles on each hand. Turn palms toward body. Lift arms straight out until shoulder blades are squeezing together. Release back down to starting position.



(Back) Bent Over Row - Stand next to the right side of the ball with a dumbbell in right hand. Place left knee and left hand on top of ball. Bend over at the waist with the right hand turned in. Keep the right elbows in toward body and pull the dumbbell toward chest. Squeeze shoulder blades together. Release back to the starting position.



(Back) Back Extension-Lie on top of the ball so that the belly button is placed on top of the ball in the center. Extend legs straight back and balance on toes. Place hands behind head. Exhale and lift the trunk of the body up toward the ceiling. Inhale and lower back down.



(Back) Bent Over Row - Stand to the left side of the ball. Place the right knee and right hand on top of the ball and grasp the left handle in left hand. Head, neck and spine are perpendicular with the ball. Pull the left hand toward left shoulder, squeeze shoulder blades together. Release back to the starting position. Repeat on the other side.



(Back and Core) Pull Over-Grab a weight that is comfortable for you. Lie back on the ball so that head and neck are positioned in the center of the ball. Lift hips up so that they are parallel with the floor. With both hands holding one weight, bring your arms over the head with the arms straight. Exhale, keep arms straight, and pull the weight up and over the chest. Inhale and return to starting position.



(Core) Ab Crunch on Floor-Lie on the floor facing the ceiling with the ball underneath the legs; keep the legs relaxed on the ball; now press your lower back toward floor and flex your ab muscles; rest hands by your ears keeping elbows wide. Exhale and curl up, lifting the shoulder blades off the floor; keep the head and neck in neutral position with the chin up off the chest. Inhale and lower the body; keep abs engaged.



(Core) Seated Twist-Sit on the ball. Hold onto the band with both hands, arms straight and bring the band up to shoulder level. Rotate lower body and twist torso to the right as far as you can go and then to the left.



(Core) Ab Crunch on Ball-Lie back on the ball so that the natural curvature of the spine is supported on the ball. Bring your hands behind your head with wide elbows. Exhale and curl up. Inhale and slowly lower back down.



(Chest) Push up on Ball-Kneel behind ball. Place both hands on ball, shoulder width apart. Bend elbows and bring chest to ball. Push body back to starting position.



(Chest) Chest Press- Lie back on the ball, make sure head, neck and spine are on top of the ball and hold onto each end of the band. Extend arms straight out in front of chest. Return to the starting position.



(Chest) Chest Fly- Lie on ball resting head, neck and upper back on top of ball with a dumbbell in each hand. Bring each dumbbell in front of each shoulder, palms facing down. Straighten arms to bring the dumbbells directly above chest. Return to the starting position.



(Shoulder) Seated Lateral Raise - Sit on the ball. Grasp a handle with each hand. Extend arms straight out from side to shoulder level. Bring arms back down to the starting position.



(Triceps) Seated Overhead Extension-Sit on the ball. Grasp a handle with each hand and bring behind head, elbow bent. Extend both arms straight up to the ceiling and then return back to the starting position.



(Triceps) Triceps Dip-Sit on the ball. Place hands on the ball right next to hips, keep fingers and thumb pointing forward. Slowly bring rear forward and off the ball. Now, bend at the elbows and lower the body down toward the floor. Slowly push back up.



(Biceps) Biceps Curl-Sit on the ball. Grasp each end of the band, palms up. Bring hands toward shoulders. Release back down to the starting position.



(Bicep) Concentration Curl - Sit on the ball with legs wider than shoulder width with a dumbbell in right hand. Place left hand on left thigh. Right arm is straight and resting against the right inner thigh. With right palm facing up, bring hand up toward shoulder. Release back to the starting position. Repeat on the other arm.