

GET ON THE BALL WORKOUT

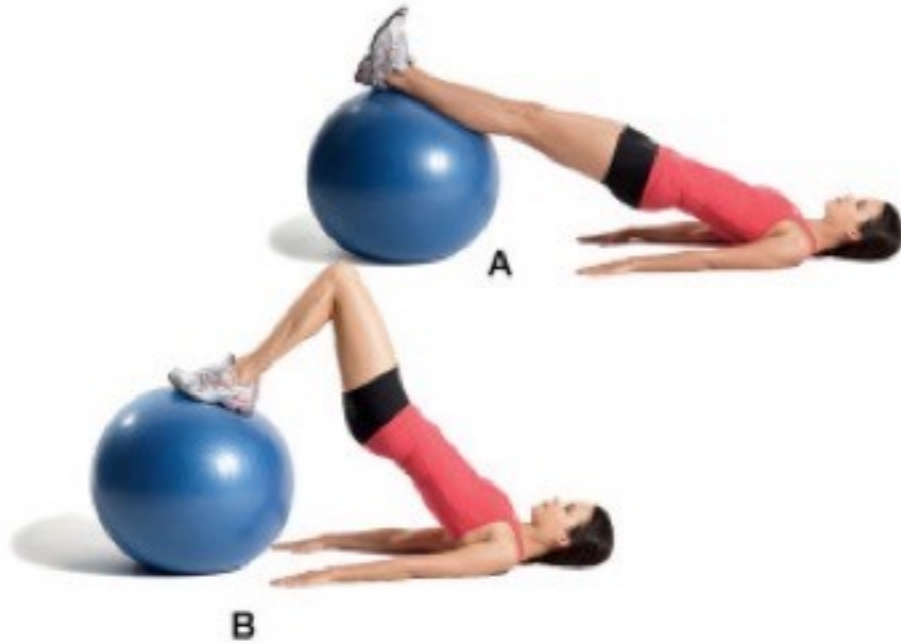
BALL SQUATS



CRUNCHES



HAMSTRING CURL



PUSHUPS



BACK EXTENSION



BALL PASS



MWR TRAINER TIP: START WITH 10 REPS OF EACH EXERCISE REPEAT 3X. INCREASE REPS TO 15 FOR A MORE ADVANCED WORKOUT.