



WORKOUT OF THE DAY



Total Body Resistance-Strength Stability ball training

What You'll Need: Stability Ball, Mats, Dumbbells.

Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential to prevent injuries.

Warm Up (2X): 16 reps each. Walking lunges, jumping jacks. Side lunges, torso rotation with high knees, leg curls with over head arms extensions, gallops R/L, high mountain to plank. Neck turns, shoulder rolls.

6 stations one exercise each station, 45 second as many repetitions possible. Farmer walking and walking lunges in between stations.

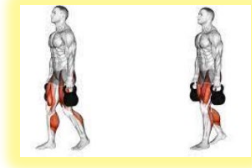
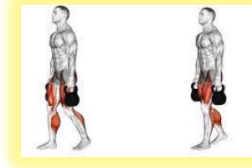
Superman Ball lift

Farmer walk

Ball Core roll

Farmer Walk

Ball Plank



Rest 90 "

Squat overhead press Walking lunges Ext. leg reach crunch Walking lunges Leg Curl



Cool Down: Take a 5-minute easy walk and stretch each muscle groups, holding each stretch for 12-20 seconds.