GET ON THE BALL
Strength Training with Stability Balls

CHEST:
- Push-up
- Chest Press

CORE:
- Back Extension
- Abdominal Curl

LEGS:
- Ball Squat
- Calf Raise
- Knee Extension

SHOULDERS:
- Overhead Press
- Side Lateral Raise

ARMS:
- Bicep Curl
- Wrist Curl