

15 Minute Beginner Exercise Ball Workout

Workout

1. Roll ball in and out (10)



2. Roll ball in and out- single leg (10/leg)



3. Bridge (30 sec)



4. Bridge hold while rolling ball in and out (10)



5. Inner thigh pulses (10 pulses x 5 sets)
*Squeeze in on ball



6. Leg lifts (10 reps x 2 sets)



7. Plank (30 sec)



8. Push up ladder (5 reps, 4, 3, 2, 1)



9. Plank knee tucks (10)



10. Plank roll outs (10)



11. Single leg lifts (10) and single leg circles (10)- right side



12. Repeat #13 on the left

13. Walk outs (10)



Stretches

