Stability Ball and Resistance Band

Rescue Band Squat

Stand with your feet hip distance apart. Place the band securely under the middle of your feet. Hold the handles behind your shoulders. Relax your shoulders and keep your wrists in a neutral position.

Lift your toes inside of your shoes to shift the weight back onto your heels. Inhale and squat down and back as if you were sitting on a chair. Keep your chest up and look forward. Do not let your knees move forward over your toes. Exhale and return to the starting position.
Resistance Band Lunge

Place the band under your right foot and step your right foot forward. Shift your body weight forward so your right knee is over your right ankle. Hold the band behind your elbows as shown. Keep your wrists in a neutral position. Lift your toes inside of your right shoe to shift the weight back onto your right heel.

Inhale and lunge down so both knees make 90° angles. Do not let your back knee touch the floor. Do not let your front knee move forward over your front toe. Keep your back upright. Exhale and return to the starting position. Press up using the front heel. When your set is completed, repeat on the other side.

Resistance Band Wall Squat

Place a stability ball against a wall on the middle of your back. Place the band securely under your feet and your hands at shoulder level. For an easier variation, flex your elbows to 90° and support them against the ball.

Lift your toes inside of your shoes to shift the weight back onto your heels. Inhale and squat down until your thighs are parallel to the ground. Exhale and slowly return to the starting position.
Hamstring Curl on Ball (double leg)

Lie on your back with your hands by your sides. Place your calves on top of the ball. Try to relax your shoulders. Lift your hips off of the floor.

Bend your knees to curl the ball toward your hips. Slowly straighten your legs to return to the starting position. Keep your hips off of the floor throughout the exercise.

Hamstring Curl on Ball (single leg)

This exercise is an advanced version of the Double Leg Hamstring Curl on the Ball. Lie on your back with your hands by your sides. Place your left calf on top of the ball. Raise your right leg into the air. Try to relax your shoulders. Lift your hips off of the floor.

Bend your left knee to curl the ball toward your hips. Slowly straighten your left leg to return to the starting position. Keep your hips off of the floor throughout the exercise. After you have completed one set repeat on the other leg.
Bridge on the Ball

Lie on your back with your hands by your sides. Place the ball right next to your hips. Place your heels on top of the ball as shown. Try to relax your shoulders and neck.

Using the strength of your hamstrings and gluteals, lift your hips off of the floor. Slowly lower back to the starting position without touching your hips to the floor.

Resistance Band Chest Press

Place the band on your upper back. Fold the ends of the band over and grasp the ends. Try to find a position on the band that causes you to feel resistance when your arms are extended. Lift your elbows to shoulder level and bend your elbows to 90°. Keep your wrists in a neutral position.

Exhale and press your hands forward. Keep your elbows straight but not locked. Pause briefly. Inhale and slowly return to the starting position.
Push-up on Stability Ball

The Stability Ball creates an unstable environment and incorporates more muscles than traditional push-ups. This is an advanced exercise.

Place your shins or toes on the stability ball. Place your hands slightly wider than shoulder width apart. Keep your elbows straight but not locked. Draw your shoulder blades down and back to flatten your upper back. Keep your shoulders, hips, and ankles in alignment.

Inhale and slowly lower your chest until it is about 6-8 inches off of the floor. Exhale and press up to the starting position without locking your elbows.

Pectoralis Major (Chest)

Deltoids (Shoulders)

Triceps

Push-up on Stability Ball Modified

The Stability Ball creates an unstable environment and incorporates more muscles than traditional push-ups. This is a modified exercise.

Place your hips or thighs on the stability ball. Place your hands slightly wider than shoulder width apart. Keep your elbows straight but not locked. Draw your shoulder blades down and back to flatten your upper back. Keep your shoulders, hips, and thighs in alignment.

Inhale and slowly lower your chest until it is about 6-8 inches off of the floor. Exhale and press up to the starting position without locking your elbows.

Pectoralis Major (Chest)

Deltoids (Shoulders)

Triceps
Resistance Band Reverse Fly

Hold the ends of the band (not the handles). Wrap your hands around the ends of the bands making two small circles as shown. Extend your arms in front of you at shoulder level.

Exhale and straighten your right elbow as you bend your left elbow. The motion mimics an archer shooting an arrow to the side. Pause briefly and squeeze your shoulder blades together. Inhale and slowly return to the starting position.

When you have completed one set, repeat on the opposite side.

Resistance Band Shoulder Press

Place the band securely under your thighs as you sit on it. Grasp the handles lightly and place the band behind your arms as shown. Lift your hands to chin level. Place your wrists over your elbows and keep them in a neutral position.

Exhale and press the handles overhead. Keep your elbows straight but not locked. Be careful not to arch your back. Inhale and slowly return to the starting position.
Resistance Band Bicep Curl

Stand on the band securely with both feet. Turn your palms facing forward. Draw your shoulder blades down and back to stabilize your shoulder blades.

Exhale and flex your elbows. Pause briefly. Inhale and slowly return to the starting position.

Hold one handle in your right hand and raise your right hand overhead as shown. Hold the lower portion of the band with your left hand behind your back. Pull the band downward until you feel resistance.

Inhale and lower your right forearm until it is parallel to the floor. Exhale and press the right handle overhead.

When you have completed one set, repeat on the opposite side.
Close-grip Push up on Stability Ball

A close-grip push up emphasizes the triceps rather than the chest and shoulders.

Place a stability ball on your thighs or hips. Place your hands on the floor underneath your shoulders. Keep your arms straight but not locked. Keep your body straight from your head to your toes.

Inhale and slowly lower down to the floor. Tuck your elbows in by your sides. Pause briefly. Exhale and slowly return to the starting position.

Stability Ball Abdominal Crunch

The stability ball recruits more muscles than a basic crunch because it creates an unstable environment.

Sit on the ball as shown with the middle of your back on the ball. Support your head with your fingertips. Keep your neck in alignment with your spine. Do not pull on your neck or dig your chin into your chest. Keep your back straight and feet flat on the floor.

Exhale and lift your shoulder blades off of the ball. Think about bringing your rib cage toward your pelvis. Pause briefly. Inhale and slowly return to the starting position.
**Stability Ball Oblique Crunch**

The stability ball recruits more muscles than a basic crunch because it creates an unstable environment.

1. Sit on the ball as shown with the middle of your back on the ball. Support your head with your fingertips. Keep your neck in alignment with your spine. Do not pull on your neck or dig your chin into your chest. Keep your back straight and feet flat on the floor.

2. Exhale and lift your shoulder blades off of the ball. Rotate your right shoulder toward your left hip. Pause briefly. Inhale and slowly return to the starting position. Repeat on the opposite side.

**Weighted Stability Ball Crunch**

The stability ball recruits more muscles than a basic crunch because it creates an unstable environment. The weighted medicine ball adds resistance.

1. Sit on the ball as shown with the middle of your back on the ball. Keep your neck in alignment with your spine. Do not pull on your neck or dig your chin into your chest. Keep your back straight and feet flat on the floor.

2. Exhale and lift your shoulder blades off of the ball. Think about bringing your rib cage toward your pelvis. Pause briefly. Inhale and slowly return to the starting position.
**Weighted Stability Ball**

**Oblique Crunch**

Rectus Abdominus

Obliques

Sit on the ball as shown with the middle of your back on the ball. Keep your neck in alignment with your spine. Do not pull on your neck or dig your shin into your chest. Keep your back straight and feet flat on the floor. Place a medicine ball on your right shoulder.

Exhale and lift your right shoulder toward your left hip. Pause briefly. Inhale and slowly return to the starting position. When you have completed your set, repeat on the opposite side.

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**Jack Knife- Modified**

Rectus Abdominus

Erector Spinae (Lower Back)

Place your shins on the ball and your hands on the floor as shown. Keep your back straight without sagging downward or lifting your hips into the air. Keep your elbows slightly bent because they are bearing weight.

Exhale and curl the ball toward your hands. Tuck your tailbone under. Bring your pelvis toward your ribcage. Pause briefly. Inhale and slowly return back to the starting position.
Jack Knife- Advanced

This is an advanced exercise and requires both strength and balance. Use a spotter if necessary.

Place your shins on the ball and your hands on the floor as shown. Keep your back straight without sagging downward or lifting your hips into the air. Keep your elbows slightly bent because they are bearing weight.

Exhale and roll the ball toward your hands while remaining in a pike position. Pause briefly. Inhale and slowly return back to the starting position.