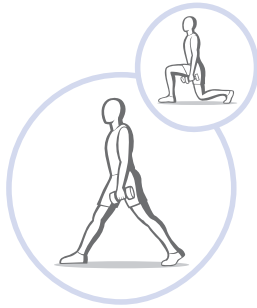




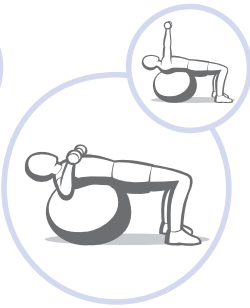
**ball squats**

Stand with ball placed against wall and your middle back. Squat down so knees are bent to 90 degrees and knees are tracking over the second toe. Stand back up and repeat.



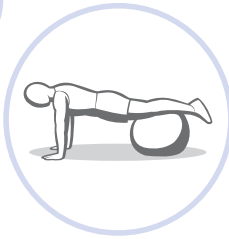
**lunges with dumbbells**

See starting position above. Lower back leg down to the floor in a lunging position and return to start. Switch legs and repeat.



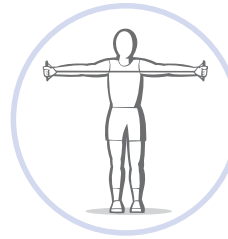
**chest press on ball**

Lay with upper back on ball, keeping knees bent and hips up. Start with weights chest level with arms 90 degrees and press up. Return to start and repeat.



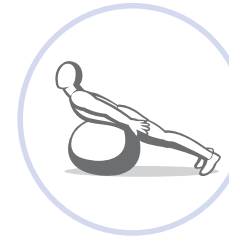
**pushups on ball**

See picture for starting position. Lower chest a few inches from the floor and push up. Repeat.



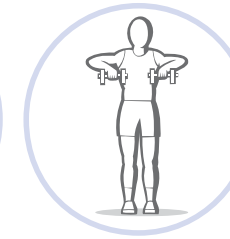
**wide band pulls**

Grab handles or band, keeping arms straight, and stretch band across chest to engage upper back. Return to start and repeat.



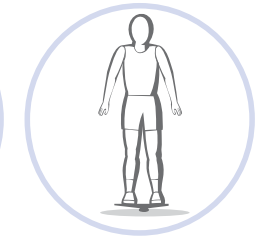
**back extensions on ball**

Lay with stomach on ball and arms behind you, lifting chest up and hold.



**upright row**

Start with weights down at your side and lift elbows up to chest level. Return to start and repeat.



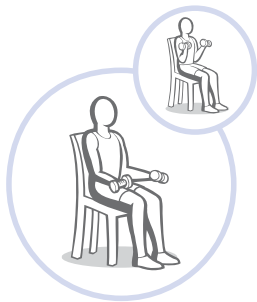
**wobble board**

Start feet hip width apart on board. By pointing your toes and flexing your ankles, wobble the board forwards and backwards while standing tall with shoulders and hips directly over the board. For added difficulty, rotate the board in a circular motion.



**shoulder press with resistance band**

Place band under foot and grab handles starting with elbows 90 degrees, and pressing up. Return to start and repeat



**seated bicep curl**

Start with elbows 90 degrees and down at your side. With elbows tight against your waist, lift dumbbells to chest level and lower back down. Repeat.



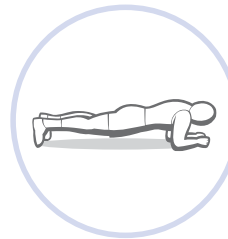
**laying down tricep extension**

Start with elbows 90 degrees and in line with shoulders. Press dumbbells up towards ceiling. Return to start and repeat.



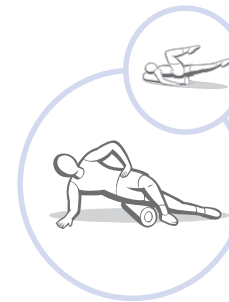
**crunches on ball**

See picture for starting position and crunch towards the ceiling. Return to start and repeat.



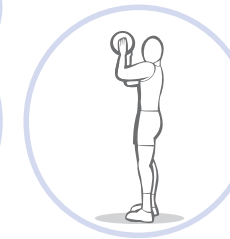
**planks**

See picture for starting position, and hold for 30-60 seconds.



**foam roll**

Use it as a massage tool to relieve muscle tension by rolling muscles and tender spots, or to improve spinal balance and alignment.



**medicine ball**

Use as a weight while doing squats, crunches or lunges. You can also throw the ball at the ground to build arm strength.

try these  
exercises  
in your  
home gym