

### Prone Chest Flyes on the Ball

*Chest, shoulders, upper back, core, etc.*

- Positioned against the wall again, place 2-5 lb weights in each hand.
- Begin with the hands down, arms long and reaching out from the chest, palms in. Inhale as you slowly raise the arms straight out to the side; exhale as you lower the weights back down.
- Perform 5-10 reps. Maintain stability through the torso to stay balanced on the ball. Avoid momentum as you lift and lower the arms. Keep the wrists flat, not broken.



### Upper Body Plank on Ball

*Arms, chest, abs, back, etc.*

- Place hands as wide apart as possible on the ball, fingers spread, wrists as straight as possible while resting on your knees.
- Maintain a straight line through the crown of your head, into your neck, spine, hips and knees. Hold for 3-5 seconds. Keep breathing.
- As you get stronger, pop up onto the balls of the feet instead of the knees, keeping a straight line from the crown of the head all the way to the heels. Don't let the hips dip or pike.
- Stretch with an extended child's pose.

### Lower Body Plank on the Ball (this does not mean you do not work the upper body; it just means the lower body is on the ball)

*Everything, esp. upper body and core*

- Kneel with the ball right in front of you, allowing plenty of forward room to move.
- Gently lean the hips into the ball, then roll all the way on top of the ball, placing your hands on the floor in front of the ball.
- Walk out your hands as far as you can go, letting the ball rest underneath

