
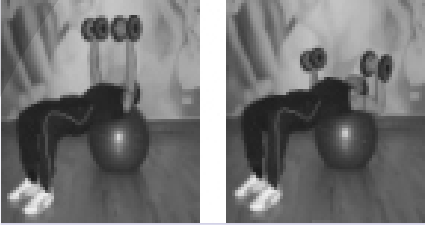
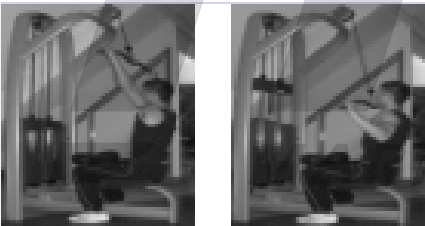


EXERCISE 1	WK	SETS	REPS	LOAD	TEMPO	REST
	Stability Ball Wall Squat	Wk 1	3	15		2-1-2 30 sec
	Wk 2	3	15		2-1-2	30 sec
	Wk 3	4	15		2-1-2	30 sec
	Wk 4	3	15		2-1-2	30 sec
	Exercise Description: Position the ball below your shoulder blades and position your legs shoulder width apart. Stand with your knees slightly bent and start to descend keeping your belly button drawn in until you meet 90 degrees at knee level then return to starting position.					

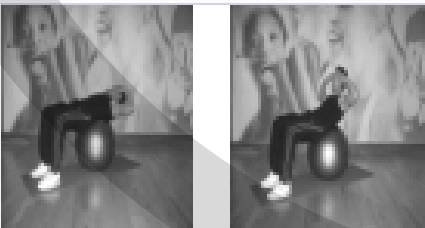
Notes:

EXERCISE 2	WK	SETS	REPS	LOAD	TEMPO	REST
	Dumbbell Chest Press	Wk 1	3	15		2-1-2 30 sec
	Wk 2	3	15		2-1-2	30 sec
	Wk 3	4	15		2-1-2	30 sec
	Wk 4	3	15		2-1-2	30 sec
	Exercise Description: Lye with your upper back on the Ball with your hips kept high, Grasp a set of dumbbells above your chest with your elbows slightly bent, Slowly lower keeping your belly button drawn in until you meet 90 degrees at elbow level then return to starting position.					

Notes:

EXERCISE 3	WK	SETS	REPS	LOAD	TEMPO	REST
	Latt Pull Downs	Wk 1	3	15		2-1-2 30 sec
	Wk 2	3	15		2-1-2	30 sec
	Wk 3	4	15		2-1-2	30 sec
	Wk 4	3	15		2-1-2	30 sec
	Exercise Description: Sit upright on the pull down machine, Grasp the bar well over shoulder width apart, Slowly pull down keeping your belly button drawn in until the bar reaches just below chin level then return to starting position.					

Notes:

EXERCISE 4	WK	SETS	REPS	LOAD	TEMPO	REST
	Stability Ball Ab Crunch	Wk 1	3	15		2-1-2 30 sec
	Wk 2	3	15		2-1-2	30 sec
	Wk 3	4	15		2-1-2	30 sec
	Wk 4	3	15		2-1-2	30 sec
	Exercise Description: Sit upright on the ball, Slowly Walk forward until your lower back is cushioned comfortably on the ball Place your hands on your temples slowly raise your upper torso crunching your abdominals tight, keep focused on the ceiling, slowly lower yourself back down to starting position.					

Notes:

EXERCISE 5	WK	SETS	REPS	LOAD	TEMPO	REST
	Stability Ball Russian Twists	Wk 1	3	15		2-1-2 30 sec
	Wk 2	3	15		2-1-2	30 sec
	Wk 3	4	15		2-1-2	30 sec
	Wk 4	3	15		2-1-2	30 sec
	Exercise Description: Lye on the mat with your lower back kept flat, place your feet on top of the ball with your knees bent at 90 degrees, slowly lower your legs to one side keeping your belly button drawn in, make sure your shoulders stay down then return to starting position, repeat on the other side.					

Notes: