

Balling it with Ben (Ball)

Flow

Exercise	Reps	Springs	Props	Direction
Seated Facing Risers (Ball) -Assisted Roll Back/Stretch -Hold C-Curve - Bicep Curl -1 Leg Lifted in Table Top -1 Leg Lifted Straight -Side 2 (1 Leg Lifted) -Hold C-Curve - Reverse Fly	1 min. 30 sec. bicep curl 15 sec. each 1 leg variation 30 sec. fly	1 heavy	Ball	Ball behind lower back, sit facing risers, hold short straps
Abs. Continued (Ball) -Table Top/1/2 Teaser -Side to Side Knee Rockers -Hold Diamond Legs - Circle Arms Around -Hold Frame/V Sit Teaser	30 sec. knees side to side Hold teaser 15 sec.			Keep ball at lower back, arms reach forward or up to ears, legs in table top, knees rocking side to side
Side Lying 1 Hand in Strap (Ball Between Knees) -(Overhand Grip) Alt. Pull Outward/Ball -External Rotation (Arm)/Ball Squeeze (Straight Legs)	45 sec. each	1 heavy		R forearm on headrest, L hand in long or short strap, ball between knees, straighten legs on external rotation exercise
Bridge Sequence -Hold Hips High - 1 Leg March -Both Feet On/Ball - Turn In/ Turn Out While Squeezing -Side 2 Marches	30 sec. marching 30 sec. turn in/out 30 sec. marching on side 2			On back, L heel on bar, ball behind R knee, arms down on carriage
Side 2 -Side Lying Sequence	Reps listed above			L forearm on headrest
Standing on Floor -Lunge/Hinge Forward/Tap Ball -Hold Low - Reach Free Hand -Lateral Lunges/Flat Back Reach	1 min. lunges 15 sec. Hold/ reaches 1 min. lateral lunge/reach	1 light	Ball	L foot on floor/L side of machine, R foot against shoulder rest, L finger tips tap floor, ball in R hand/tap frame on lunge

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Side Kneeling Plank Hold - Thread the Needle (Ball)	30 sec. thread the needle			L hand on bar, knees stacked on carriage, ball in R hand/R arm reaching through
Side 2 Standing Sequence -Lunges (Front) -Hold/Reaches -Lateral Lunges -Side Kneeling Thread/Needle	Reps listed above			
Plank (Feet at Back of Frame) -Alt. Reverse Pike/Knee Taps -Just Knee Taps	30 sec. each	1 light		Stand in the back of the well/ near risers, ball between ankles, heels at back edge, hands on carriage
4 Pt. Kneeling Balance -Alt. Donkey Kick/Reach Ball -Side 2 Right Away	30 sec. each side			Kneeling on headrest with L knee, R leg lifting, ball in L hand/palm upward
Full Plank/Hold Ball -Pikes	30 sec.	1 light		Bar completely down, forearms on platform extender, feet against shoulder rests, hold ball
Feet in Straps -Short Spine (Ball Mid-back) -(Ball Against Thighs/Flexed Feet) - Hold Stretch -Straddle Stretch -Roll Up to Finish	6 short spine 30 sec. stretch with ball/straps 30 sec. stretch straddle	1 heavy, 1 light, 1 medium	Ball	Feet in long straps, ball at mid-back