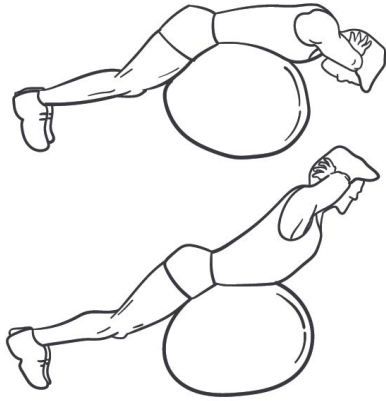
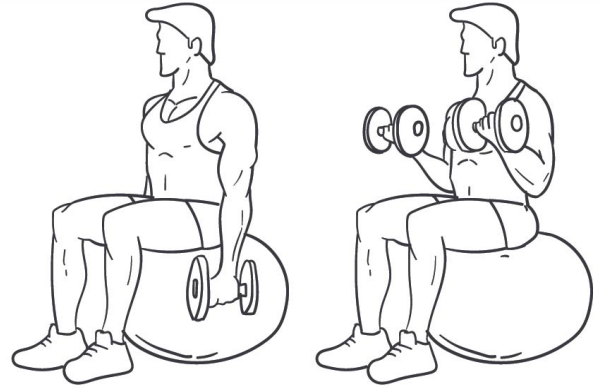


# BALL EXERCISE



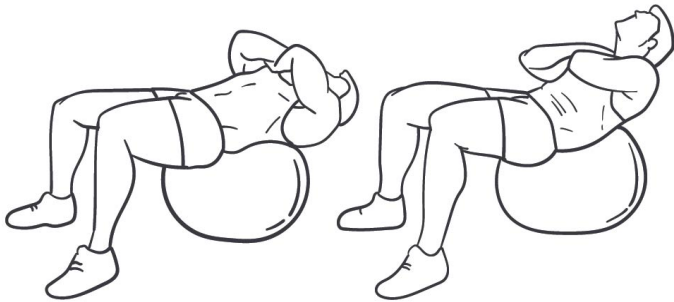
Stability/Swiss/  
Exercise Ball Back

**3 sets/12 reps/45 sec rest**



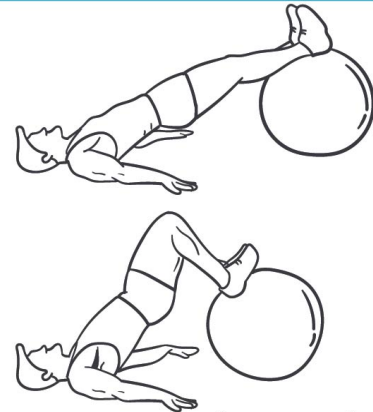
Exercise/Swiss Ball  
Bicep Curls

**3 sets/10 rep/45 sec rest**



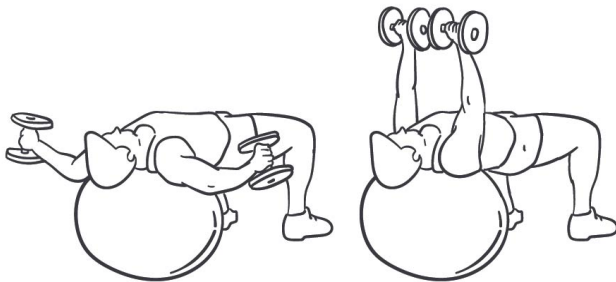
Stability/Swiss/  
Exercise Ball Crunches

**2 sets/14 reps/45 sec rest**



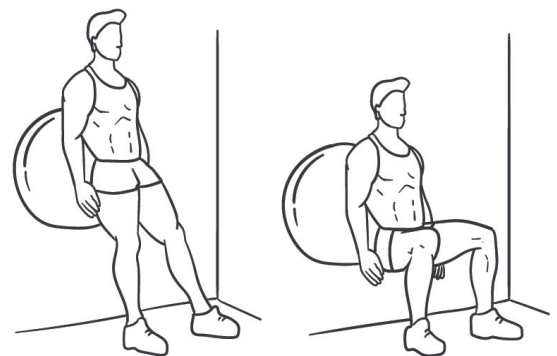
Exercise/Swiss/  
Exercise Ball Hamstring Leg

**3 sets/12 rep/45 sec rest**



Stability/Swiss/  
Exercise Ball Dumbbell

**3 sets/10 reps/45 sec rest**



Exercise/Swiss Ball/  
Exercise Ball Squats

**2 sets/14 rep/45 sec rest**