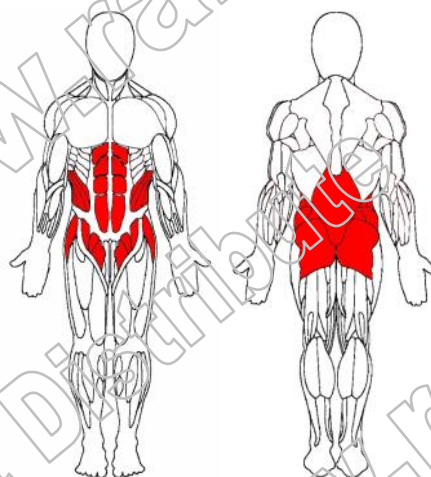


EXERCISES

- 01** Ball Crunches
- 02** Ball Oblique Twists
- 03** Ball Side Crunches
- 04** Ball Hip Raises
- 05** Ball Knee Tucks
- 06** Ball Plank

TARGET MUSCLES



DETAILS

- Goal** Hypertrophy / Tone
- Level** Intermediate
- Sets** 2-3
- Reps** 8-12
- Rest** 1-2 minutes
- Load** 6-7 RPE
- Freq** 2X Week
- Prog** RP+2
- Dur** 8-12 weeks
- Equip** Balance Ball

NOTES

- This routine can be done at home or on the go
- Plank starts at 30 seconds. Increase by 10seconds.
- Modify any exercise based on your ability

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.



ROUTINE # 045: Core / Intermediate



Ball Crunches



Ball Oblique Twists



Ball Side Crunches



Ball Hip Raises



Ball Knee Tucks



Ball Plank

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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ROUTINE # 045

Frequency: 2 wk

Reps: 8-12

Duration: 8-12 wks

Rest: 1-2 minutes

Sets: 2-3

Load: 6-7 RPE

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Ball Crunches															
Ball Oblique Twists															
Ball Bicycle Crunches															
Ball Hip Raises															
Ball Tucks Knee Tucks															
Ball Plank															

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Ball Crunches															
Ball Oblique Twists															
Ball Bicycle Crunches															
Ball Hip Raises															
Ball Tucks Knee Tucks															
Ball Plank															

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Ball Crunches															
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Ball Tucks Knee Tucks															
Ball Plank															

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Ball Crunches															
Ball Oblique Twists															
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Ball Hip Raises															
Ball Tucks Knee Tucks															
Ball Plank															

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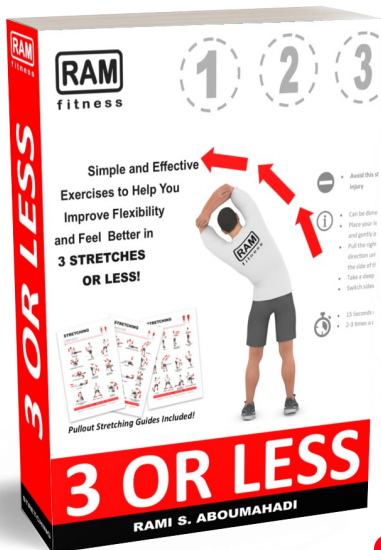
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