

15 Minute Full Body Swiss Ball Workout

Want to make your workout more fun? Get a Swiss Ball! (you can find some online for under \$10 sometimes) A Swiss Ball helps develop stability and flexibility while you build strength and endurance from your workout. This workout routine blends high intensity interval training circuits with the added challenge of keeping your balance.

Instructions:

Complete the Warm-up & Dynamic Stretches (or jog in place for a few minutes) before beginning the workout in order to raise your heart rate, prepare your muscles and joints for the exercises to follow and prevent injury.

If you are a beginner, complete the recommended sets and repetitions, taking a 30 to 60-second break between exercises.

If you are more advanced, don't take break between exercises. For an added challenge and an intense caloric burn, complete a few rounds of this workout, taking a short break between rounds.

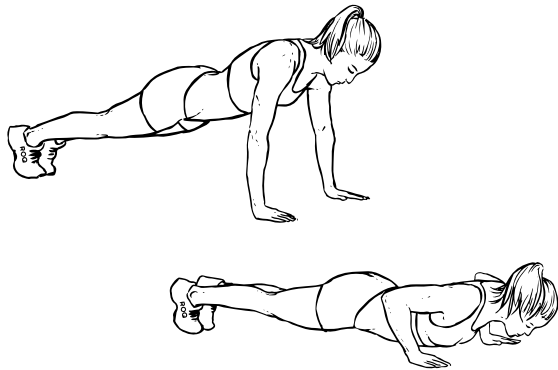
Follow each workout with the included Post-Workout Stretches to kick start recovery, maximize results and help prevent injury.

Exercises in this workout:

- Push-up
- Swiss Ball Back Extensions
- Swiss Ball Leg Curl / Hip Raise to Hamstring Curl
- Bodyweight Squat
- Swiss Ball Ab Pike Press
- Burpees / Squat Thrust
- Swiss Ball Crunch
- Swiss Ball Leg Lifts
- Alternate Heel Touchers / Lying Oblique Reach
- Swiss Ball Plank
- Bodyweight Walking Lunge

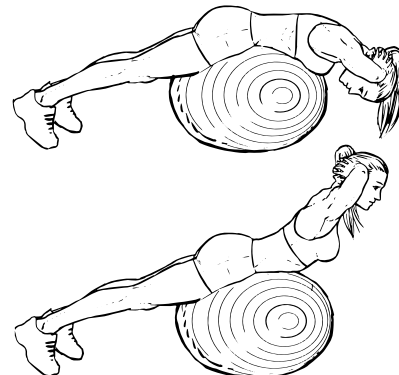
15 Minute Full Body Swiss Ball Workout

Push-up



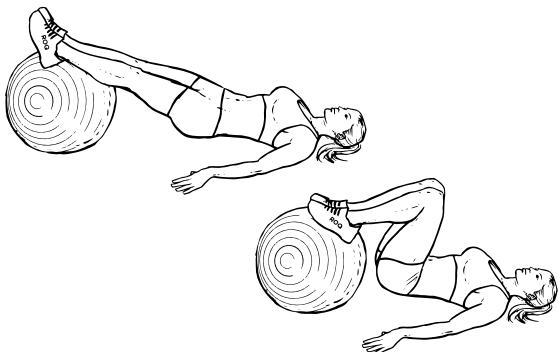
3 sets 15 reps

Swiss Ball Back Extensions



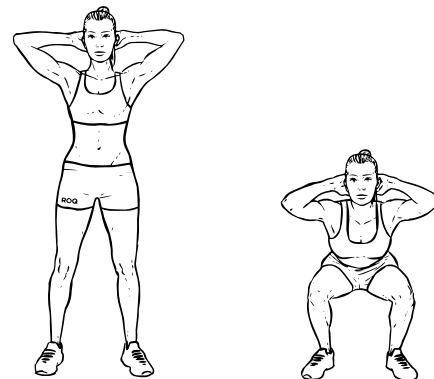
3 sets 15 reps

Swiss Ball Leg Curl / Hip Raise to Hamstring Curl



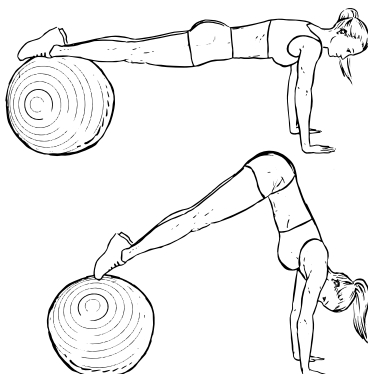
3 sets 15 reps

Bodyweight Squat



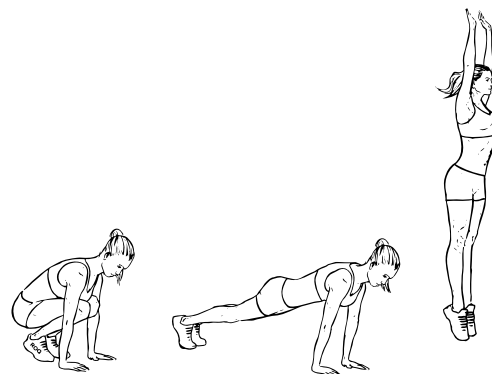
3 sets 15 reps

Swiss Ball Ab Pike Press



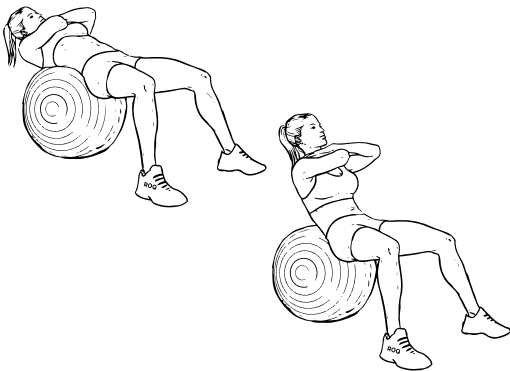
2 sets 12 reps

Burpees / Squat Thrust



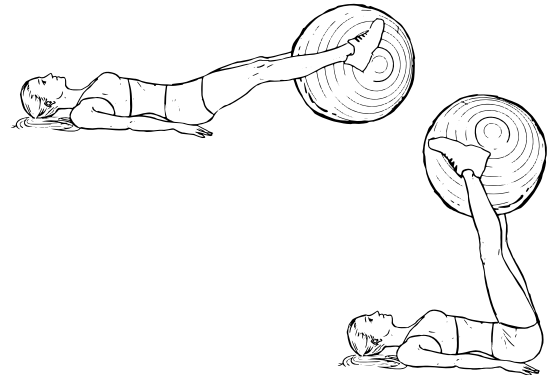
2 sets 15 reps

Swiss Ball Crunch



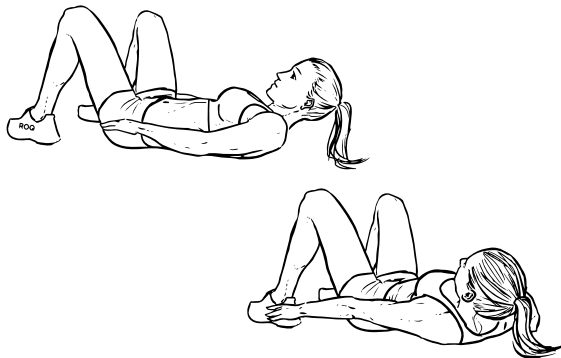
2 sets 15 reps

Swiss Ball Leg Lifts



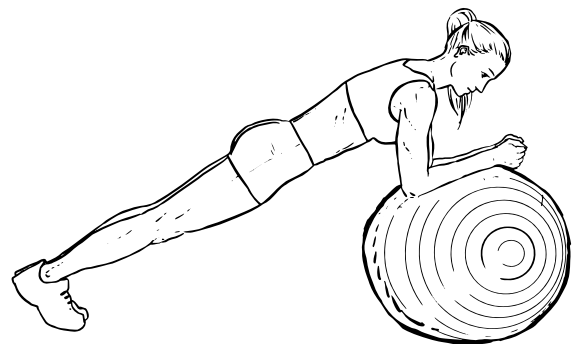
2 sets 15 reps

Alternate Heel Touchers / Lying Oblique Reach



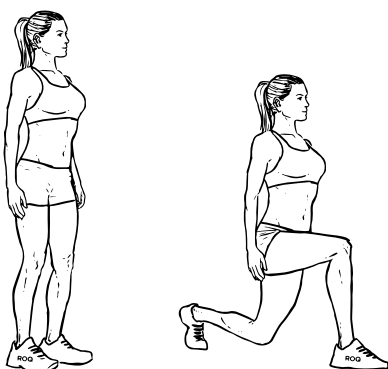
1 sets 15 reps

Swiss Ball Plank



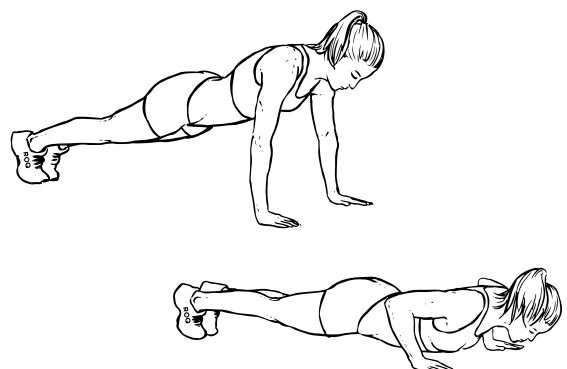
1 sets 30 reps

Bodyweight Walking Lunge



1 sets 15 reps

Push-up



1 sets 15 reps

Post-Workout Stretches

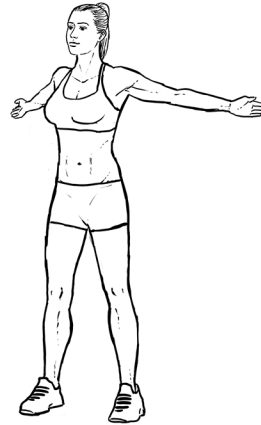
Kick start muscle recovery, maximize gains and prevent injury by performing these stretches after your strength training workout. Using an interval timer (you can download any timer app for your phone or get any small timer), **hold each stretch for 30 seconds, taking 5 seconds to get into the next position.**



Neck × 2



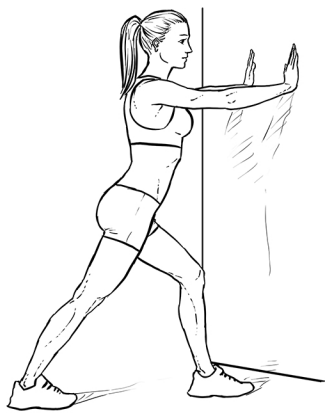
Shoulders × 2



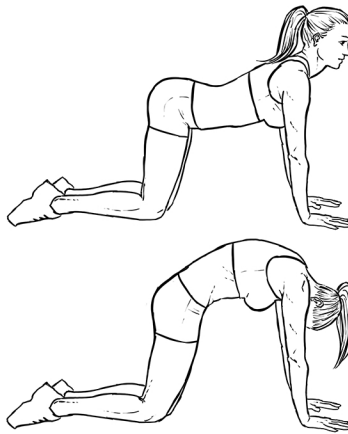
Chest



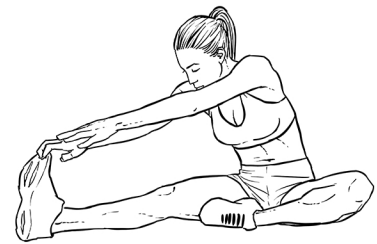
Quadriceps × 2



Calves × 2



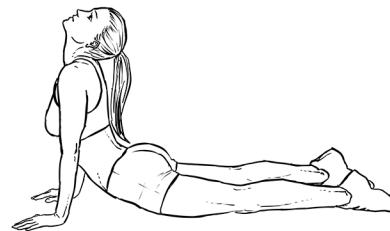
Back



Hamstrings × 2



Lower Back × 2



Abdominals Skip if you have back problems