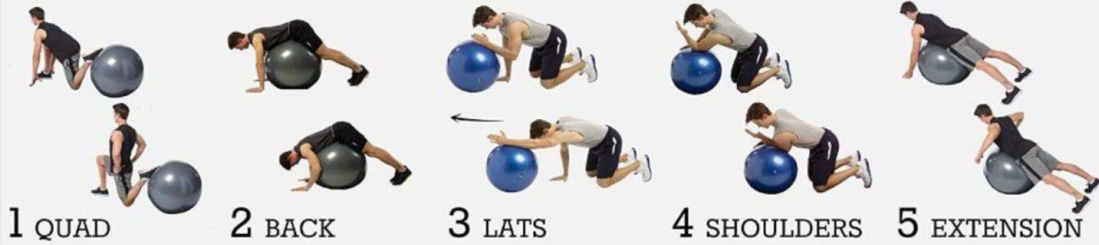


BALL EXERCISE CHART

STRETCHES



1 QUAD 2 BACK 3 LATS 4 SHOULDERS 5 EXTENSION

UPPER BODY



6 PUSH-UP 7 DEC. PUSH-UP 8 CHEST PRESS 9 ALT. PRESS 10 INC. PRESS

CORE & ABS



11 REV. CRUNCH 12 R.CRUNCH TWIST 13 CRUNCH 14 ROLL-OUT 15 KNEE TUCK



16 RUSSIAN TWIST 17 SIDE ROLL-OUT 18 PLANK 19 Y-RAISE 20 T-RAISE

LOWER BODY



21 HIP RAISE 22 ONE-LEG RAISE 23 SPLIT LUNGE 24 GRUTE BRIDGE 25 HAMST. CURL