

ALL IN ONE BALL WORKOUT

Standing Cardio

Combo 1:

Chasse to the R, L, R (ball circle), Step Touch L,R (ball side to side) 16ct
2x Steps to the L, 2x Steps to the R 2x (bounce the ball) 16ct

Lead L

----2x Steps to the R/L: 2x Squats to the R/L:
Shuffle to the R/L----

Combo 2:

2x V Steps R (ball R,L hold) 8ct
Jack out/in 2x, march 4x (bounce the ball, throw ball in the air) 8ct
Grapevine R, L, R, march L,R,L,R in a circle (to the L) 16ct

Lead L

----Hold Squat low- Ball goes R/L----

Combo 3:

Mambo fwd R cha cha cha (ball in the air), L 8ct
Mambo side R cha cha cha (bounce the ball), L 8ct
Step R, Knee up L, walk walk, Step L, Knee up R, walk walk 8ct
Step R, Rear L leg, walk walk, Rock back walk walk 8ct

Lead L

---Ball on floor, Jump to R 2x to L 2x: Leap: Big Leap

Seated Cardio

-Pony to R, L, R, L, Jog 8ct
-Punch across the chest 4x, Stand punch overhead 4x
-Punch arms low cross diagonal R,L 4x, Jack out/in, arms out/in clap 4x
-V Step out/in- low
Lead L

Weights & Ball

- Biceps (1 leg in air)
- Curl Up 2ct Down 2ct- 2x Single curls 4x
- Shoulders (anterior /lateral)
- Curl up, Extend Leg, Curl Higher, Lower down
- Prone- triceps
- Double leg raises
- Prone- back
- Side Lying: leg raises, figure 8, Knee in, Leg Curl, Knee in, Leg Raise
- Lateral flexion (flex, extend, flex, in)

- Push ups (Lower R elbow, L elbow, up on R hand, L hand)
- Prone- Back extension/ Superman
- Hands on floor, front of feet on ball, Lift Knees and Lower

More Core

- Sit on ball, Arms crossed, Go back 4x, Up 4x- Add leg kick
- Rt heel on ball, L heel on ball, R down, L down, Both arms in air

Lying on your back

- Curl up (legs flex/extend, ball between feet)
- Legs extended in air, add Rotation, Knees forward/hip lift
- Ball on shins, add a curl up, Knees away/in
- Ball on shins, Ball overhead/in/arms/in
- Legs extended: circles
- Hip lifts -Heels on top of ball (option 1 heel / option legs extended on sides of ball & roll)
- Ball on shins, legs extended, curl up, lower R arm, left L, come back up/switch
- Reverse curls (option add a curl up)

Standing Balance Exercises:

Leg raise (ball up/down)
Squat (on toes)
Touch ball to floor, then overhead (option extend out/in)
Lateral flexion

Yoga

Chair Pose
Forward Fold (add rotation)
Deep Squat
Mountain Pose
Half Moon Pose
Seated on the Ball- Spinal Twist

Final Cool Down

Thanks for coming!

Diane Bellefontaine
(902) 464-0948
diane_belle@hotmail.com

“You are what you choose to be.”