



WORKOUT SCHEDULE

WITH LANCHANA GREEN

STABILITY BALL CORE WORK

Elbows on the ball -

20 secs x Plank

20 x Circles Clockwise

20 x Circles Anit-Clockwise

20 x Rollouts

20 x Dorsals

Shins/toes on the ball -

20 secs x Plank

20 x Heel Lifts to Ceiling

20 x Lateral Kicks

20 x Knee Tucks to Chest

20 x Skiers

Lying on your back -

20 secs x Dish with Ball Above Head

20 x Leg Raise with Ball Between Feet

20 x Touch Toes with Ball in Hands

20 x Seated Twist with Ball in Hands

20 x Deadbug

PROGRESS NOTES

Equipment: Stability Ball.

Rest Period: 30-60 secs after each section or at the end of all of the exercises.

Rounds: 3-5.