



Get Fit
On The
Road!

Stef's Fitness Ball Workout

Grab your fitness ball and find a wall!
Do 10-15 reps of each exercise for 3 sets.
(Make sure to watch the video for exercise demos first!)

Very important: Safety is key. Adjust the exercise for your ability level, and if it feels too hard, don't do it!

EXERCISE 1: Squat Toss

Face wall, feet wide. Squat by driving hips back with weight on heels. As you come up, toss the ball against the wall. As you catch it, lower back into squat position. Make sure you do not round your back!



EXERCISE 2: Warrior Reach

Face wall in split stance, with near leg bent and far leg straight, both feet pointed forward. Hold wall with same side hand as forward leg, hold ball with open palm on same side as rear leg. Roll arm up ball as rear heel lifts into calf raise. Do both sides.



EXERCISE 3: Snow Angel Squat Hold

Place your back against the wall with your feet out away from the wall. Bend your knees and lower into a squat. Hold this position while your arms mimic making snow angels, passing the ball from hand to hand at the very top.



EXERCISE 4: Triangle Press

Face wall in split stance keeping your legs straight. Front toe faces wall, back toe turns out. Hold wall with same side hand as forward leg, ball in other hand. Reach ball down to touch your leg, then rotate and reach ball up to sky. Do both sides.



EXERCISE 5: Wall Squishes

Place the ball between your low back and the wall. Stand with knees slightly bent and feet out from the wall. Touch elbows back to wall, and then exhale and tighten core, slightly rounding back and curling pelvis up as you bring elbows forward.



EXERCISE 6: Side Lunge & Open the Curtain

Face sideways to wall with legs wide and near foot turned diagonal towards wall. Hold wall for balance, ball in far hand. Bend near knee and keep far leg straight, as you touch the ball to the wall. Straighten leg as you extend ball out to side. Do both sides.



EXERCISE 7: Heel Curl Slam Dunks

Face the wall, bracing one hand on the wall, holding ball in other hand. Curl your heel up and tap the ball to it. As you place the toe down behind you, reach the ball up the wall as high as you comfortably can. Do both sides.



EXERCISE 8: Overhead Triceps Toss

Stand facing the wall with knees slightly bent and ball behind your head. Repeatedly toss the ball against the wall and catch it. After each catch, return it behind your head, trying to reach it so that it touches your back. Engage your core and keep your knees bent.

