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Core Circuit on Stability Ball

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I love this workout for those days after I've done a full body strength workout or when I feel the need to really center myself and focus on my core. And since this circuit is all about core and a touch of legs, but in a lengthening-strengthing kind of way, it's also a good one to do after a cardio/aerobic exercise.

Why is focusing on CORE so important? Wellllll, if you haven't heard, your core is the midsection of your body supporting all other muscles and the movements you make. Whether you're working out, standing, sitting, carrying bags or picking up kids, your core is the center of all.

It's the foundation of so many other physically necessary movements you make each day. *Funny how our foundation is right in the MIDDLE of our bodies, isn't it?* But, once you've got a strong foundation everything else feels more supported and stronger. Kind of like in life: When we have a solid foundation (for me, it's my faith!), everything else seems to fall into place. Even if it does take a little extra struggle or training to get there, a strong foundation makes for more purposeful living (and, in your core's case, moving).

So, what are you waiting for? Work your body's **CORE FOUNDATION** and while you're at it, remember to *ground yourself in a firm foundation in your other areas of life, too*. Let's get started!



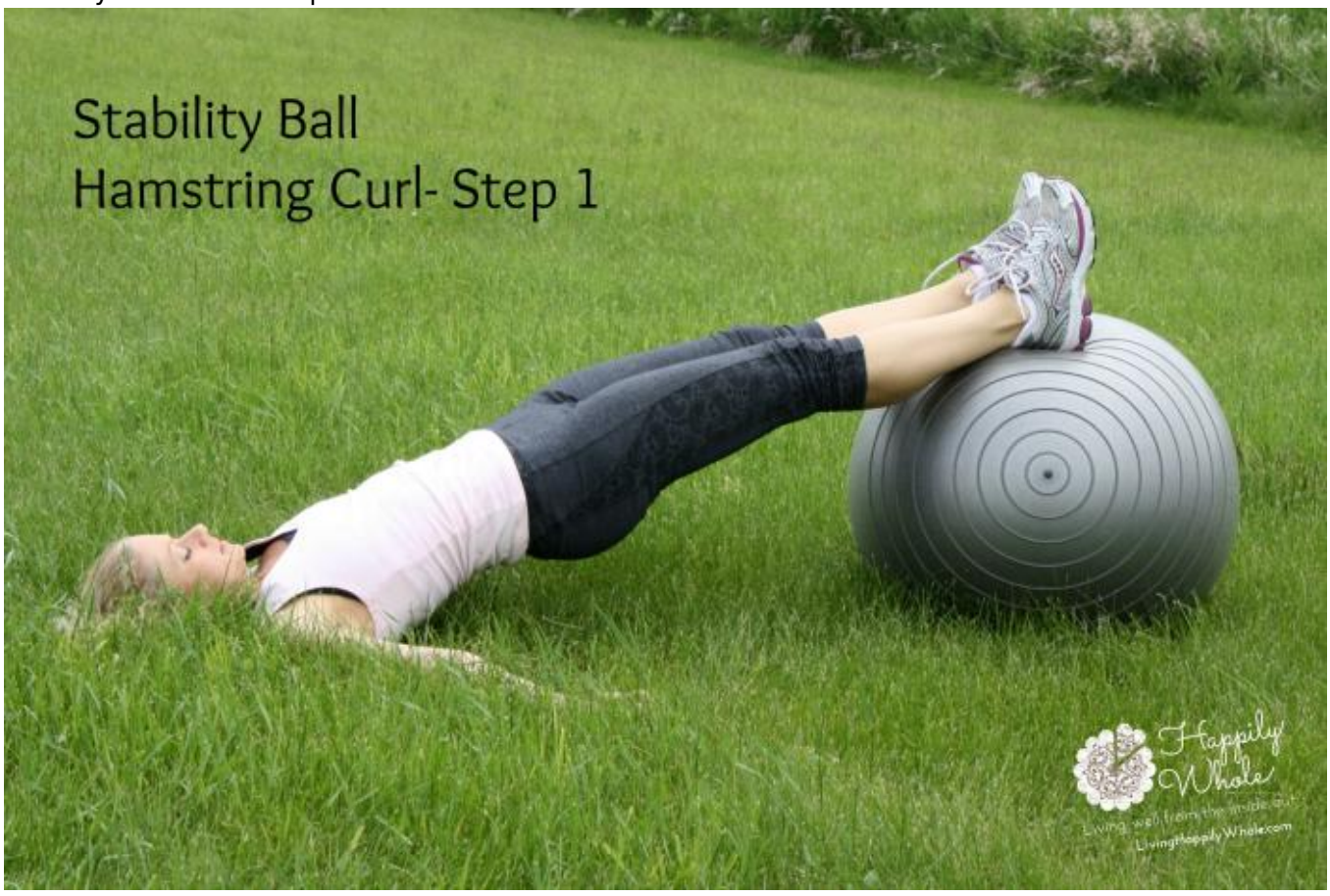
Stability Ball V Pass Step 1



Stability Ball V Pass Step 2



Stability Ball V Pass Step 3



Stability Ball Hamstring Curl-1



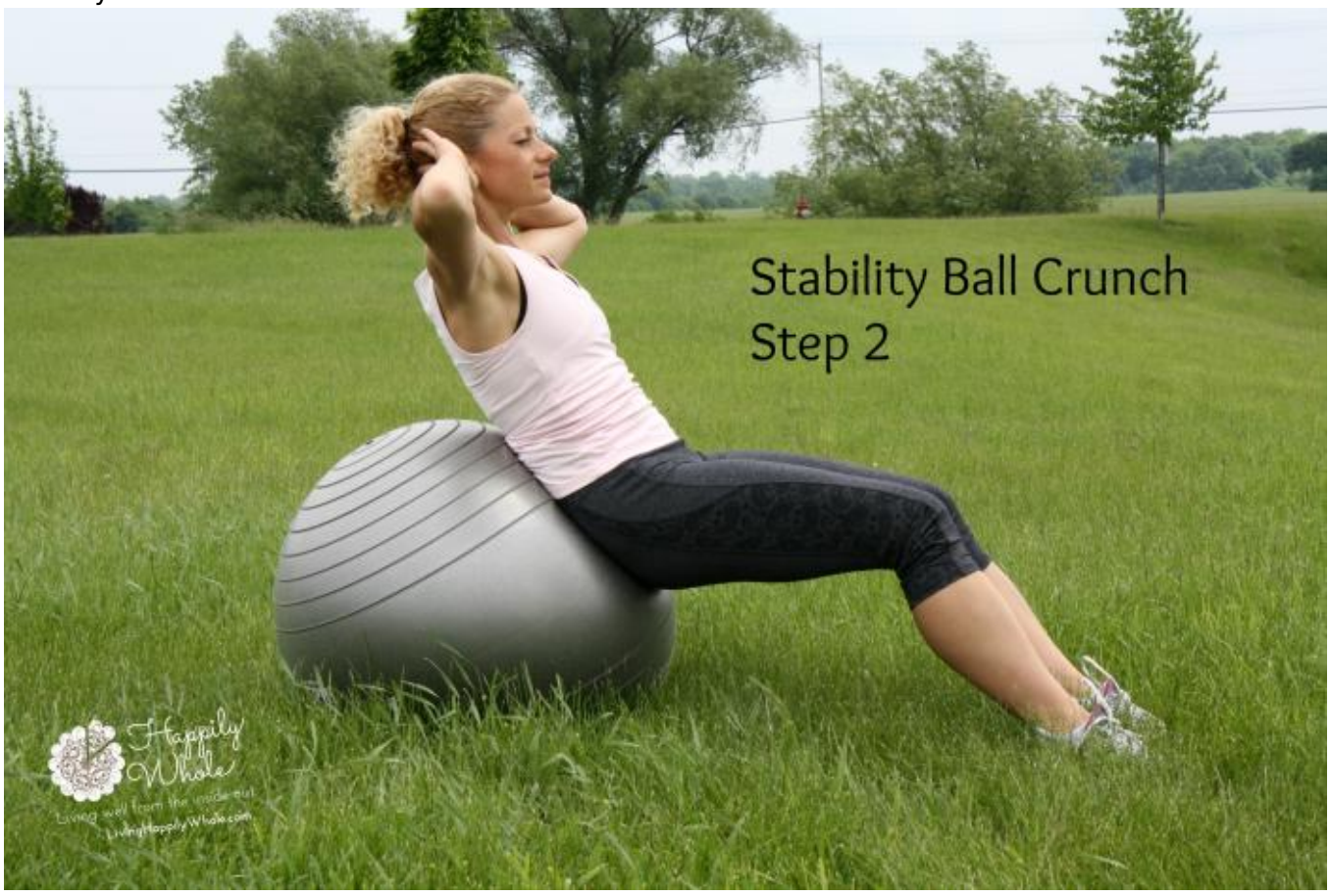
Stability Ball Hamstring Curl-2



Stability Ball Mountain Climber



Stability Ball Crunch



Stability Ball Crunch-2



Stability Ball Knee Tuck 1



Stability Ball Knee Tuck 2



Stability Ball Optional Advanced Pike



Stability Ball Plank



Stability Ball Bridge



Stability Ball OPTIONAL single leg bridge



My Best Stability Ball Buddy

Warm-Up

This is a core/strength workout so you need to get your blood pumping and your body warmed a bit. I suggest a doing your cardio first. If you're not doing cardio today, simply walk briskly for 5 to 10 minutes, do your stairs a few times, vacuum...you know, whatever warms you up!

Workout Set

Exercise	Description	Sets	Reps	Tempo
Stability Ball V-Pass	Lay on floor holding stability ball overhead on the floor. Legs are extended on the floor. As you push your low back into the floor, come up in a crunch bringing the ball up off the floor. Your legs should come up off the floor to put your body in a "V". Pass the ball from your hands to your feet and lower your arms and legs back to the starting position. Repeat in the opposite direction.	2-3	10	
Stability Ball Hamstring Curl	Lay on floor with your legs straight and your heels pressed into the top of the ball. Press your heels into the ball, squeeze your glutes and raise your hips off the floor (or grass!). If you have trouble stabilizing the ball, move you feet a little further apart or put your hands, palms down, on the floor out to the sides and press into your hands.	2-3	10	

Exercise	Description	Sets	Reps	Tempo
Stability Ball Mountain Climber	Kneel on floor with ball in front of you. Place your elbows and forearms on the ball and push into a plank position or choose the straight arm plank option (pictured). Using your core to hold you still, begin bringing one leg in and slightly to the side. I like to add a little jump and then switch legs!	2-3	10	
Stability Ball Crunch	Sit on ball and walk out until you are laying on it with the ball into your low back. Fold your arms across your chest or rest your head into your hands. Focus on your abdominal muscles. Slowly raise your upper body off the ball into a crunch. Keep chin open (close your eyes like me if you outside and the sun's shining!)	2-3	10	
Stability Ball Knee Tuck (Optional: Advanced Pike)	Lay on ball, tummy down, and walk out until you are in a push-up position with shins and feet on the ball. Using your legs and core strength, draw the ball in toward your tummy. Your arms are supporting you so keep hands under your shoulders for safety and good form. (Optional: Advanced Pike--rest after the knee tuck. Then, in the same starting position, instead of bending your knees to pull ball in, lift your hips UP and keep legs straight. See photo.)	2-3	10	
Stability Ball Plank (Optional: walking hands)	Lay on ball, tummy down, and walk out until you are in a push-up position, hands under shoulders and shins and feet are on the ball. Hold this plank. Optional: walk your hands back using baby steps until your thighs are on the ball, then baby-step them back forward.	2-3	10	
Stability Ball Bridge Lift (Optional: Single Leg Bridge Lift)	Lay on floor (or grass) with both feet grounded on the ball (see photo). Press into your feet and lift your body from the floor, squeezing your glutes (your bottom). Pause at the top and slowly lower without transferring all your weight to the floor. Repeat. (Optional: Try the single leg option by lifting one leg straight up, lifting and lowering your body then switching legs.)	2-3	10	

Cool Down

Lay on floor on your back. Hug knees into your chest--a big hug to love on your body at the end of a workout lets those muscles know how much you appreciate them! Then, stretch your legs out straight and your arms overhead on the floor. Ahhh, not that feels great on your abs!

Next, still on your back, pull one leg, keeping it straight for a hamstring stretch. Hold 30 seconds and repeat on other leg.

Flip over to your stomach. Press your hands into the floor next to your chest and gently press your body up as you lengthen forward for another ab/back lengthening.

Tip to Progress

Increase the number of repetitions and/or sets.

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