

RESET!

Workout of the Day



Stability Ball Circuit – by Darla Wilhem, W. Dale Brougher Foundation YMCA

Equipment needed: Stability ball, dumb bells of moderate weight

Circuit 1: Repeat 2 times

- Right Lunge – 12 reps
- Alternating Side Leg Raises – 24 reps
- Left Lunge – 12 reps
- Crunches – 24

Circuit 2: Repeat 2 times

- Alternating Chest Flys – 24 reps
- Skull Crushers – 12 reps
- Alternating Slow Knee Raises – 12 reps

Circuit 3: Repeat 2 times

- Mini Squats with a Bicep Curl – 12 reps
- Alternating Side Arm Raises – 24 reps

Circuit 4: Repeat 2 times

- Inner Thigh Lifts on Left Leg – 25 reps
- Straight Leg Ab Crunches – 25 reps
- Inner Thigh Lifts on Right Leg – 25 reps

Circuit 5: Repeat 2 times

- Glute Squeezes – 24 reps
- Oblique Crunches – 24 reps
- Glute Squeeze while rolling ball out & in – 12 reps
- Oblique Crunches – 24 reps