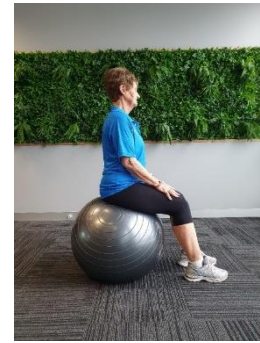


1. Fit Ball Sit

Strengthens Core and works on Balance

Start by sitting on the ball with your feet hip distance apart, hands on thighs and focus on your core stability. As you improve, move feet together and contract abdominal muscles while sitting up straight.

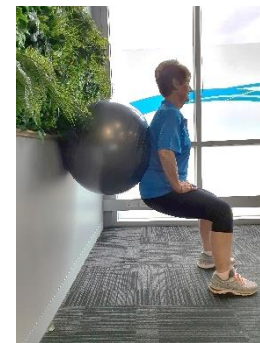


2. Fit Ball Squat

Strengthening glutes

Place ball against wall, lean back with ball in middle of back, take one big step forward, feet hip distance apart, look straight head, gently bend knees slowly squat down making sure that your bottom goes no lower than your knees.

Stay slow coming up.
Repeat 3 sets x15 reps



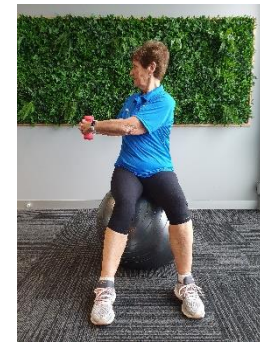
3. Fit Ball Rotation

Strengthening core muscles

For this exercise you can use weights. If you don't have weights at home and want the added challenge grab some tomato soup cans.

To begin, sit on ball and hold weight in front of you. Turn from waist round as far as you can go then rotate to other side.

Repeat 3 sets x15 reps



4. Alternate Forward Raise

Strengthening shoulder muscles

Stand feet hip distance apart, dumbbells in hands, contract core, knees slightly bent to stabilise the body in an upright stance, raise one arm forward no higher than arm pit and lower, and raise other arm and lower. Repeat.

Repeat 3 sets x15 reps



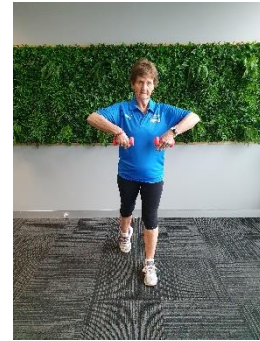
5. Upright row

Strengthening shoulder muscles

For this exercise you will need a bar, dumbbells or be creative and use some cans.

Begin by standing feet hip distance apart, knees slightly bent and your weight. Elbows lift to bring weight to chest, then lower back to start.

Repeat 3 sets x15 reps

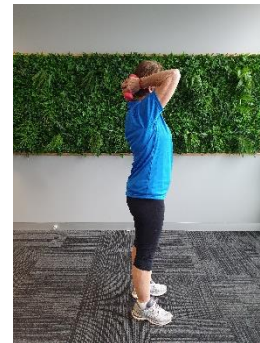


6. Triceps Extension

Strengthening Triceps

Stand with your feet hip distance apart, hold dumbbells above head. Bend your elbows to lower weights to back of neck, keeping elbows close to ears.

Repeat 3 sets x15 reps

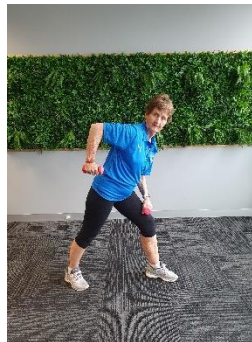


7. Triceps Kickback

Strengthening Triceps

Stand in split stance, tilt from the hips to lean slightly forward. Holding a dumbbell in one hand with arm extended back. Bend elbow to bring dumbbell to chest then straight back to start.

Repeat 3 sets x15 reps

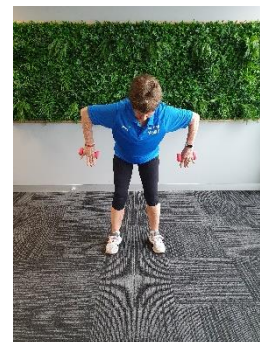


8. Rear Delt Lift

Working Rear Deltoid

Stand leaning forward contracting abs, dumbbells in hands, keeping palms facing back. Lift elbows to shoulder height and return.

Repeat 3 sets x15 reps

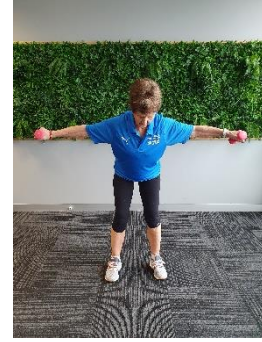
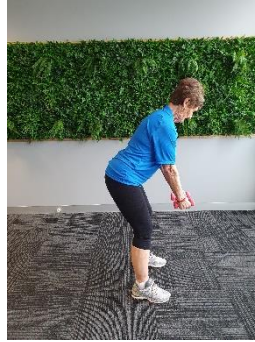


9. Rear Delt Fly

Working Rear Deltoid

Stand leaning forward contracting abs, hold dumbbells palms facing back, elbows slightly bent and take arms out to side no higher than shoulder height.

Repeat 3 sets x15 reps



10. Wrist Curl

Strengthening wrists

Sit on chair, lean forward dumbbells in hands, palms facing up, bend hands down and up.

Repeat 3x15 reps

