

THE BALL BREAKER V4

LEG TAP BACKS TAKING BALL OVER THE HEAD ALTERNATE LEGS

KNEE TAP STILL TAKE BALL ABOVE HEAD



LUNGE SIDE TO SIDE, POINT THE BALL IN THE DIRECTION OF THE TOES, ALTERNATE SIDES

SAME



CROSS CRUNCH – ONE SIDE THEN THE OTHER

RUN

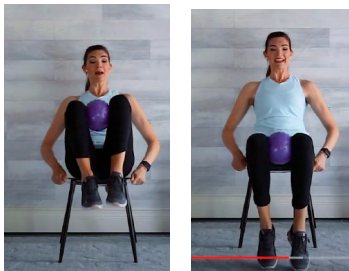
SQUAT AND PASS THE BALL BEHIND THE LEGS THEN STAND AGAIN
ADD 10 SECONDS OF PULSING AT THE END



**WIDE LEG
WEAVES**

STOMACH - BUM ON THE EDGE OF THE CHAIR, NOW LEAN ALL THE WAY BACK INTO THE CHAIR HOLD ON TO THE CHAIR, SQUEEZE THAT BALL, NOW LIFT BOTH KNEES AND THEN TAP THOSE TOES, I DON'T CARE HOW HIGH YOU GO, **IF ITS TOO DIFFICULT JUST RAISE YOUR HEELS**, JUST KEEP THE STOMACH CONTRACTED

SLOW X 5 FAST X 10



**SAME SEATED OR SQUEEZE
BETWEEN KNEES AND LIFT
HEELS**

ARM ABOVE HEAD, ONE LEG BACK BRING BACK LEG UP AND TOUCH TOE WITH BALL, STEP THE LEG BACK AGAIN AND BALL BACK OVER THE HEAD ONE SIDE FIRST COMPLETE SET THEN THE OTHER SIDE, SLOWLY, PAUSE BETWEEN EACH ONE

SAME



RUN

STATIONARY LUNGE, HOLD BALL IN LEFT HAND AND TAKE THE LEFT LEG FORWARD TAKE THE BALL, UNDER THE LEG AND OVER THE HEAD STAY WITH THE SAME SIDE SLOWLY TO START, THEN SPEED IT UP. SWAP TO THE OTHER LEG – **FINISH WITH KNEE TO ANKLE 10 SECOND PULSE**



FOOT ROLLS ON EACH FOOT

INTO A PLIQUE, PUSH THE BALL BETWEEN THE PALMS TOUCH DOWN TO THE FLOOR THEN UP ABOVE THE HEAD **FINISH WITH 10 SECOND FLOOR PULSE**



SIT UP TALL SQUEEZE BALL WIDE LEGS STIR THE COULDRON, MAKE THE BIGGEST CIRCLE THAT YOU CAN

ARMS - PLACE THE BALL ON YOUR SHOULDER AND PLACE YOUR HAND ON TOP OF THE BALL
 NOW JUST DO SMALL SQUEEZES TO GET USED TO IT.
SLOW X 5 FAST X 10 REPEAT – SAME ON OTHER



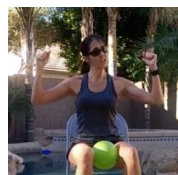
RUN

LEGS - NOW TAKE THE BALL BACK BETWEEN THE THIGHS SIT FORWARD IN THE CHAIR, NOW BRING YOURSELF UP HALF WAY AND SQUEEZE

SLOW X 5 FAST X 10 REPEAT

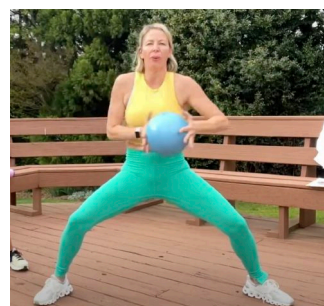


**LEGS – BALL BETWEEN THIGHS
SLOW X 5 FAST X 10
REPEAT**



IN YOUR PLIQUE, **ARMS** – UP AND OUT: HOLD BALL OUT IN FRONT OF YOU, BRING IT BACK TO CHEST, TAKE IT UP ABOVE HEAD, BRING IT BACK TO CHEST, PUSH IT OUT IN FRONT, BACK TO CHEST THEN ABOVE HEAD **SLOW X 5 FAST X 10**

SAME



STOMACH - BALL OUT THEN SIT BACK BRINGING THE BALL IN
X 10



**BALL BETWEEN PALMS
SQUEEZE THE BALL AND
STOMACH MUSCLES AT THE
SAME TIME, RELEASE AND
REPEAT**

RUN