

# Stability Ball Exercises

## Windshield Wipers



## Supine Hamstrings in Bridge



## Push Up with Curl



## One Arm Lateral Shoulder Raise



## Two Arm Lateral Shoulder Raise



## One Arm Front Shoulder Raise



## Two Arm Front Shoulder Raise



## Lunges



## Pointing Dog



## One Arm Bicep Curls



## Two Arm Bicep Curls



## Concentration Curls



## Triceps Extension



## Kneeling Bent Over Rows



## Squat



**Chest Flys**



**Back Stretch**



**Chest Press**



**Quadriceps Stretch**



**Forward Press with Triceps Extension**



## Standing Bent Over Rows



## Kneeling Superman Press



## Abdominal Stretch

