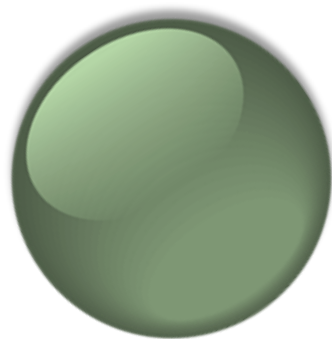
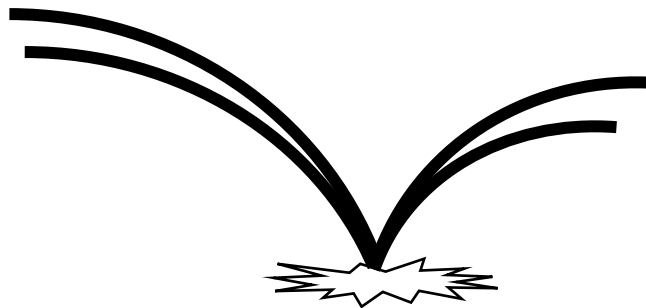


GREEN



JUMP OVERS

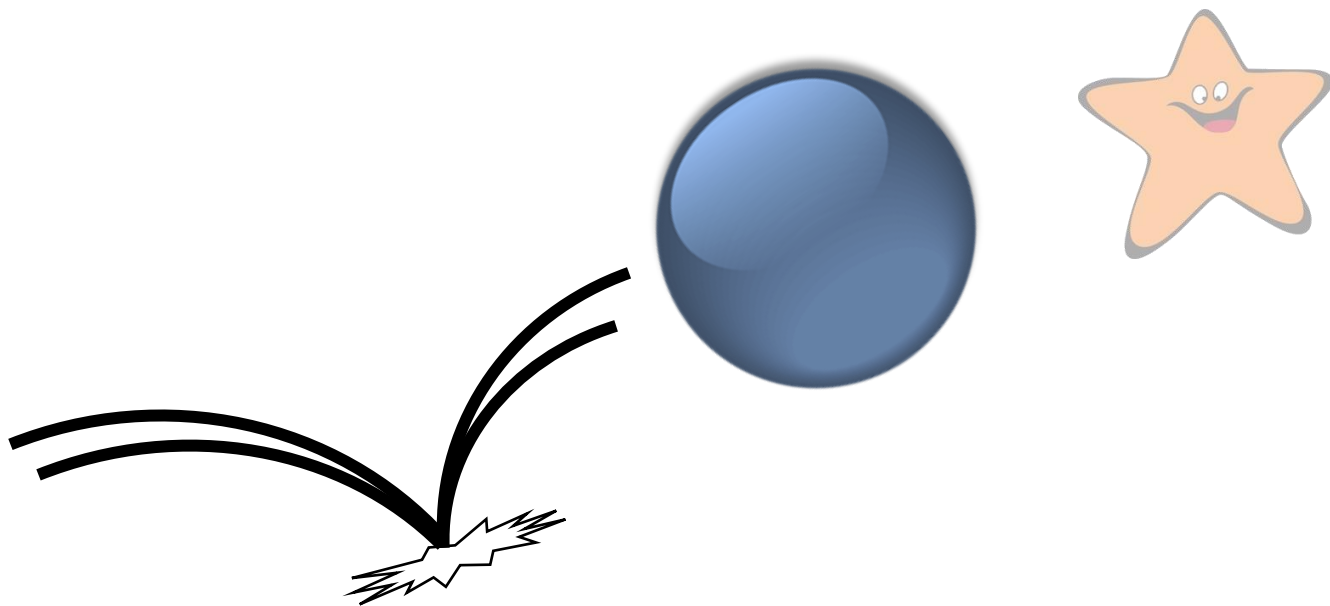
Place a ball on the floor and try to jump over it

Variations

- Line up multiple balls to work on consecutive jumps
- Change directions: forward and backward, side to side
- Change size: use smaller and larger balls

Why?

- Jumping up and jumping over are both great exercises for building up power - this exercise combines these two skills for an added challenge!
- This can also get some cardiovascular and endurance work in - how many jump overs can you get before you need a break?



BLUE

SIT-UPS WITH BALL PASS

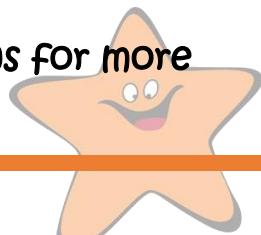
Sit on the ground and hold a ball then slowly lower down to the ground then return back up to sitting

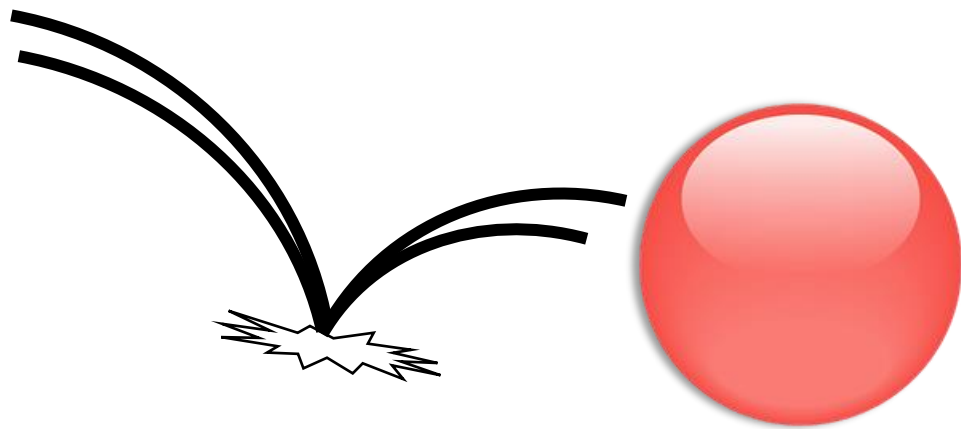
Variations

- Use a partner and take turns – whoever has the ball goes
- Have someone hold your feet to make it easier
- Hold the ball overhead on the way down and up

Why?

- Working on slowly lowering back down to the floor allows for more controlled strengthening





RED

SUPERMAN BALL PASS

Lie on your belly on the floor across from a partner and lift your arms and legs in the air while passing the ball back and forth

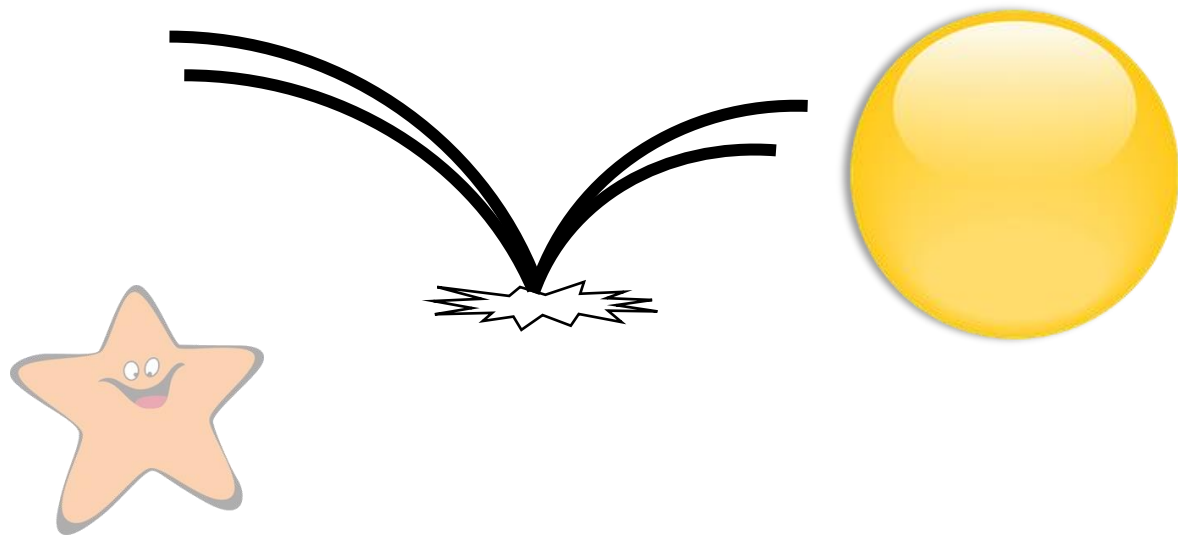
Variations:

- How many can you do before you put your arms or legs down?
- Don't have a partner, roll the ball against a wall or throw to a target

Why?

- A "superman" pose is a great full body strengthener and this exercise takes it to the next level by adding in a ball pass

YELLOW



BRIDGES (BALL BETWEEN LEGS)

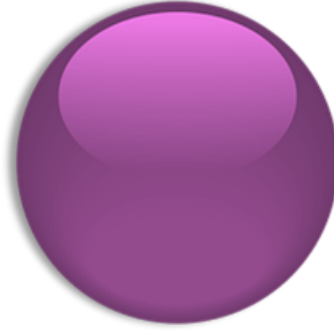
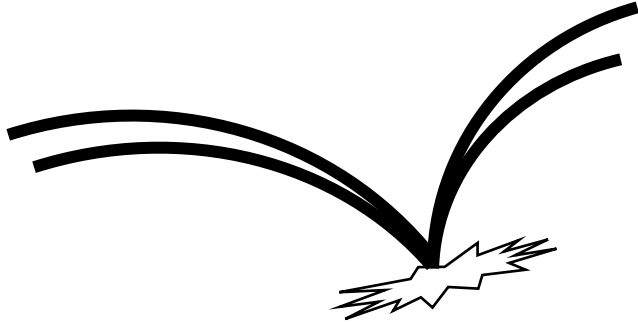
Lie on your back, bend your knees, and put your feet on the floor.
Place a ball between your knees and lift your bottom up without dropping the ball!

Variations

- Increase the time you hold your bottom up
- Kick one leg out while lifting bottom up without dropping the ball
- Keep your bottom up while giving squeezes to the ball

Why?

- Bridges are a great way to build hip and core strength
- Stretches out hip flexors



PURPLE

BRIDGES (FEET UP ON BALL)

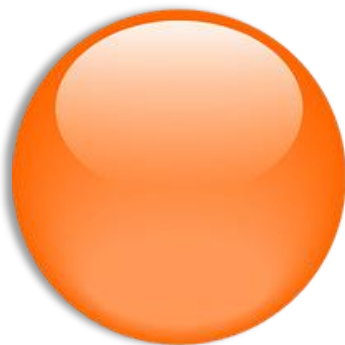
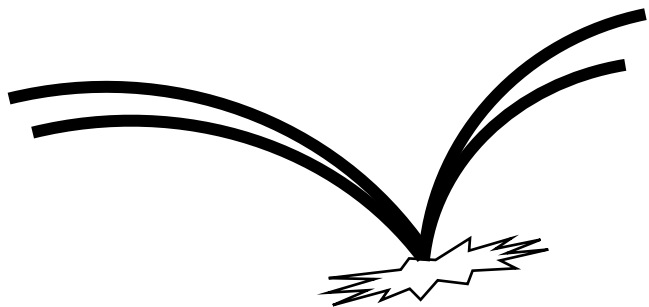
Lie on your back, bend your knees, and put your feet on the floor.
Place both feet up on the ball!

Variations

- Increase the time you hold your bottom up
- Kick one leg out while lifting bottom up without losing balance
- Only place one foot on the ball before lifting up

Why?

- All the benefits of a bridge with an added balance challenge to further work your hips and core



ORANGE

PLANK

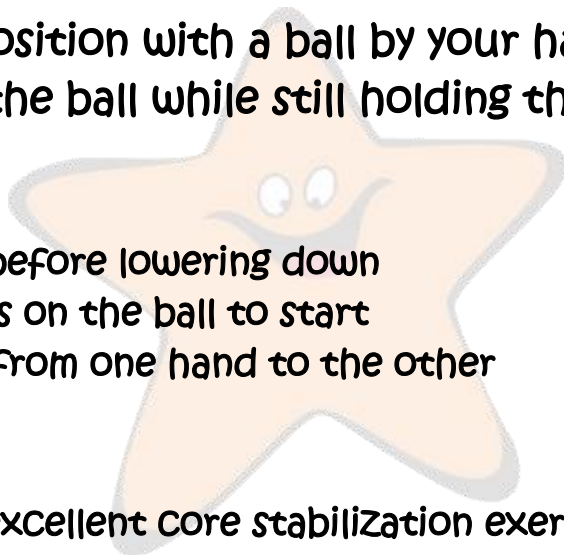
Get in a plank position with a ball by your hands. Place one hand on the ball while still holding the plank.

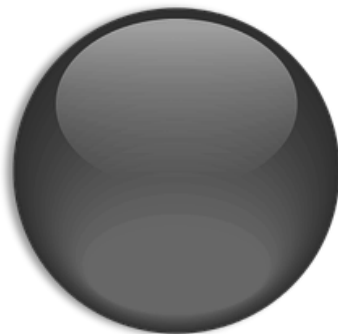
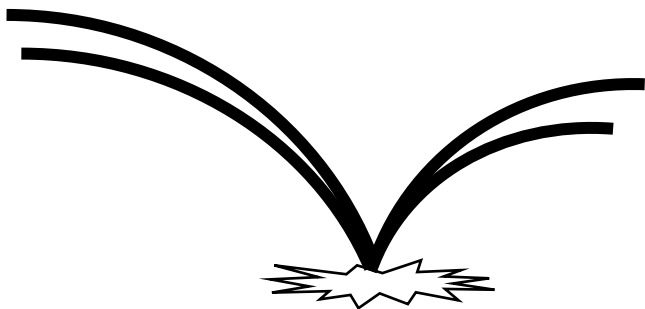
Variations

- Switch hands before lowering down
- Put both hands on the ball to start
- Move the ball from one hand to the other

Why?

- Planks are an excellent core stabilization exercise





BLACK

WALL SQUAT

Stand leaning against a wall with the ball behind your lower back and your feet a little in front of you. Squat down without letting the ball drop or your back touch the wall.

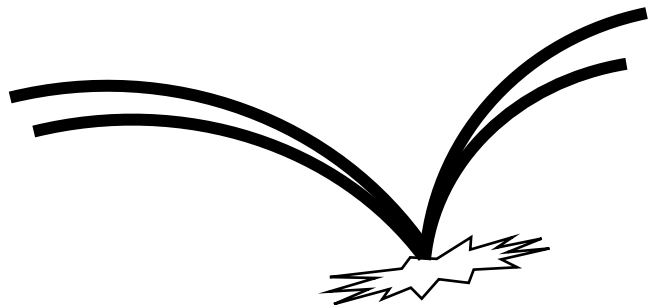
Variations

- Keep ball between knees and your back against wall and squat down without letting the ball drop
- Hold the squat position for longer

Why?

- Squats are great for strengthening your legs

PINK



ALTERNATING JUMPING TOE TAPS

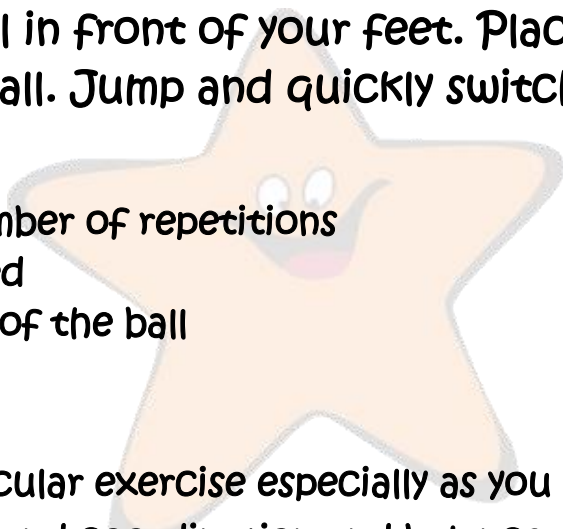
Stand with the ball in front of your feet. Place one foot lightly on the ball. Jump and quickly switch feet.

Variations

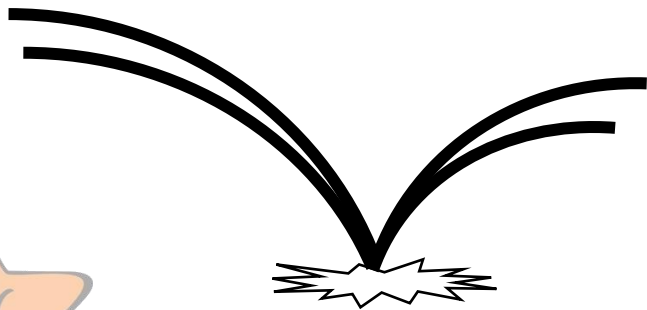
- Increase the number of repetitions
- Change the speed
- Change the size of the ball

Why?

- Great cardiovascular exercise especially as you increase the reps
- Great for agility and coordination and balance



WHITE



DRIBBLE RUNS

Find an open space and dribble the ball while running

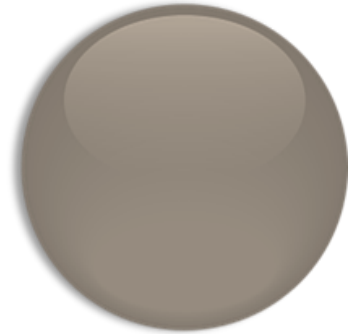
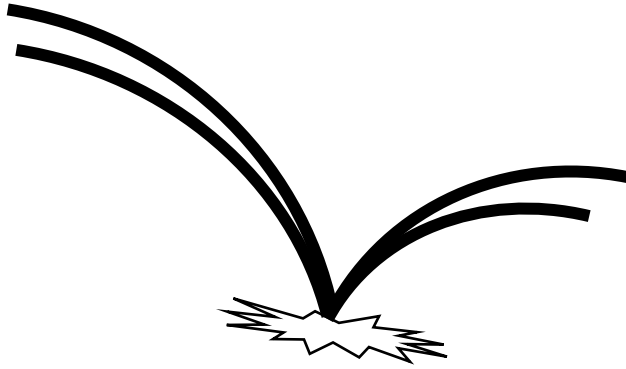
Variations

- Dribble with your feet or your hands
- Use cones to maneuver around
- Change speed and/or distance

Why?

- Great for a coordination challenge - how fast and/or far can you go before losing control of the ball?





BROWN

OBLIQUE TWISTS

Sit on the floor in the top of a sit-up position and hold the ball in both hands. Lean back slightly and twist to one side to tap the ball on the floor and then repeat to the other side.

Variations

- Tap the ball farther behind you
- See how many times you can go side to side before stopping
- Lift your feet up off the floor
- Slow your movement down

Why?

- Great workout for the core, specifically the obliques

