

Do It In
10
Minutes

THE PLAN

Do our ball exercises three times a week, and you'll see more definition in as little as four weeks! Bonus: Add 20 minutes of cardio for even better results.

YOU NEED



stability ball & dumbbells

CONSULTING TRAINER
KATHLEEN TROTTER

sculpt every inch

Hit all your muscles with these stabilizing strength moves

Seated Curls

Sit on the ball with feet hip-width apart. Hold weights in hands with arms at sides. Bring weights toward shoulders. Return to start. Do 3 sets of 10 to 12 reps.
PERFECT YOUR FORM: Keep from rocking side to side by drawing abs toward spine.
DIAL IT DOWN: Use lighter hand weights.
AMP IT UP: Step feet closer together and lift one foot slightly off the ground.



Tabletop Press

Lie with upper back and neck on ball. Holding weights in hands, bend arms in line with shoulders. Press weights toward ceiling. Return to start. Do 3 sets of 10 to 12 reps.
PERFECT YOUR FORM: Flex glutes to avoid collapsing your lower back into ball.
DIAL IT DOWN: Widen your feet to increase the base of support.
AMP IT UP: Do alternate single-arm presses between reps.



Stability Crunches

Start with lower back on ball and feet and knees shoulder-width apart. With arms behind head, crunch up and exhale. Do 3 sets of 10 to 15 crunches.
PERFECT YOUR FORM: Crunch up with control so the ball doesn't move.
DIAL IT DOWN: Move your lower back slightly lower on the ball.
AMP IT UP: Raise legs and balance both feet against a wall, then start crunches.



Squat with Overhead Extension

Drop into a squat while holding the ball in front of you. Raise the ball overhead. Lower ball. Do 10 reps before lifting out of squat. Do 3 sets.
PERFECT YOUR FORM: Keep your lower back neutral as you raise the ball overhead.
DIAL IT DOWN: Lift out of the squat each time you raise the ball overhead.
AMP IT UP: Lower deeper into the squat.

