

Impact ball circuit #1

One leg squat with back foot on ball x 10 each  
Push up on ball with hip extension x 10 each  
High knee run with ball overhead 20 meters  
Two leg squat holding ball in front x 10

Skier position with ball x 10 each  
Bum kickers with ball in front 20 meters  
Forward bridge on ball x 10

Knee drives on ball  
Low side lunge walk 20 meters to the left  
Slow march on ball x 10

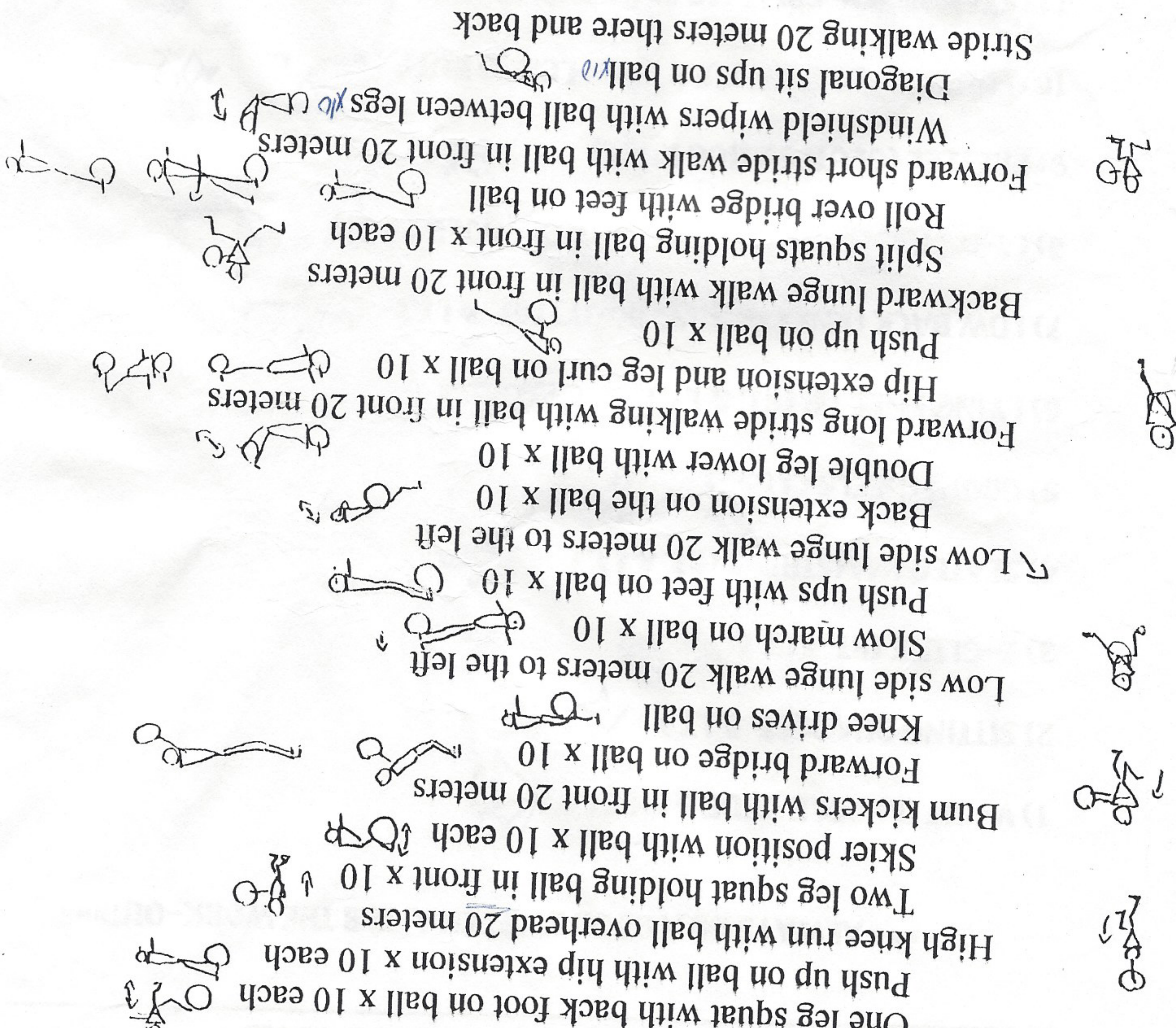
Push ups with feet on ball x 10  
Low side lunge walk 20 meters to the left  
Back extension on the ball x 10

Double leg lower with ball x 10  
Forward long stride walking with ball in front 20 meters  
Hip extension and leg curl on ball x 10

Push up on ball x 10  
Backward lunge walk with ball in front 20 meters  
Split squats holding ball in front x 10 each

Roll over bridge with feet on ball  
Forward short stride walk with ball in front 20 meters  
Windshield wipers with ball between legs x 10

Diagonal sit ups on ball  
Stride walking 20 meters there and back



20



20