

Ball Push-Up



- Lie on a ball face first, and place your hands on the floor. The further your roll forward on the ball, the more challenging this will be.
- Place your hands slightly wider than shoulder width apart and lower your head and shoulders towards the floor. Try to keep your body in a straight line from head to heel. Pause slightly, then return to the start position
- Keep your body balanced on the ball, and do these repetitions fairly slowly for balance. Be careful to keep your abs tight and your body in a straight line.
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
