

SWISS BALL:

1. Supine Bridge on Shoulders
2. Inner Thigh Drop Push
3. Stink Bugs
4. Supine Bridge Hamstring Curl
5. Supine Leg Lift Twists
6. Hips on Ball Chest Raises
7. Hand to Ankle Ball Pass
8. Prone Plank Forearm Stand
9. Sideways Oblique Crunch
10. Supine Knee Lift Crunch
11. Prone Hips on Ball Leg Lifts
12. Side Split Leg Raises

PLYO BALL:

1. Standing Straight Arm Circles
2. **Jumping Jacks**
3. Squat Jump Basket Toss
4. Standing Straight Arm Twists
5. **Seal Jacks**
6. Overhead Sit up
7. 2 Ball Push up
8. **Crossover Flings**
9. Inchworm Rollout/back
10. Russian Twist
11. **Jump Rope Hops**
12. Squat Press to Overhead