

**IT'S EASY!:** Discover The Secrets to Stay Fit, Active, Young and Healthy

# W O M E N ' S *fitness*

## & HEALTH

Vol. 9 No. 3  
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The Ultimate Stomach Workout Designed To Get Results FAST!

*Celebrity*  
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# Sue Stanley's workout

## >> Sue's Health Ball Workout

When doing a health ball workout steady your whole body to prepare for the exercise. Inhale before you start so that as you take the resistance of the cord you can then exhale through pursed lips. This will activate your deep abdominal wall (TVA). Breathe in again steadily as you release the strain. Control the rate of exhalation so that it is continuous with the strain – do not hold your breath. You can hold the action at full range for 10-to-20 seconds to encourage your stabiliser muscles to kick in.





## Bentover Single Arm Row

Grasp the handle with your palm facing in. Rest the opposite hand on the ball. Steady your upper body and tighten your abdominal wall. Pull the handle until your upper arm is parallel to the floor (keep your elbow back). Do not let your arm pull too far away from your torso.

**Muscles targeted:** trapezius, posterior deltoids, biceps brachii, brachialis, brachioradialis, latissimus dorsi, teres major, rhomboideus major.



1.

2.

## Triceps Kickbacks

Stand with your standing knee slightly bent and your opposite knee on the ball. Bend forward at the waist, keeping your back and neck nice and straight. Keep your upper arm stable at 90 degrees to your forearm. Steady your upper body and tighten your abdominal wall. Exhale as you straighten your arm. Use your opposite arm to help you stabilise.

**Muscles targeted:** triceps brachii and anconeus.



1.

2.

## Upright Rows

Stand with one knee on the ball and the other foot on the floor. Keep your back straight. Take an overhand grip on the handle with your hands slightly more than shoulder width apart. Steady your upper body and tighten your abdominal wall. Exhale as you raise your arms until your elbows are about chin height – your hands slightly lower. Keep your head level and don't flex forward. Keep some tension on your lats throughout the movement to stabilise your shoulders.

**Muscles targeted:** anterior and middle deltoids, trapezius.



1.

2.

## Power Squats

The squat is the best of strengthening and toning exercises. Stand with your legs on either side of the ball holding it firmly with your calves. Hold the handles in an overhand grip with the cord behind your arms. Squat until you just start to lose tension on the cord. You will need to stabilise your body strongly to do this exercise. Keep your hands stable and push up strongly from the thighs while exhaling. Keep your head level and your back straight.

**Muscles targeted:** quadriceps, gluteus medius and gluteus maximus.

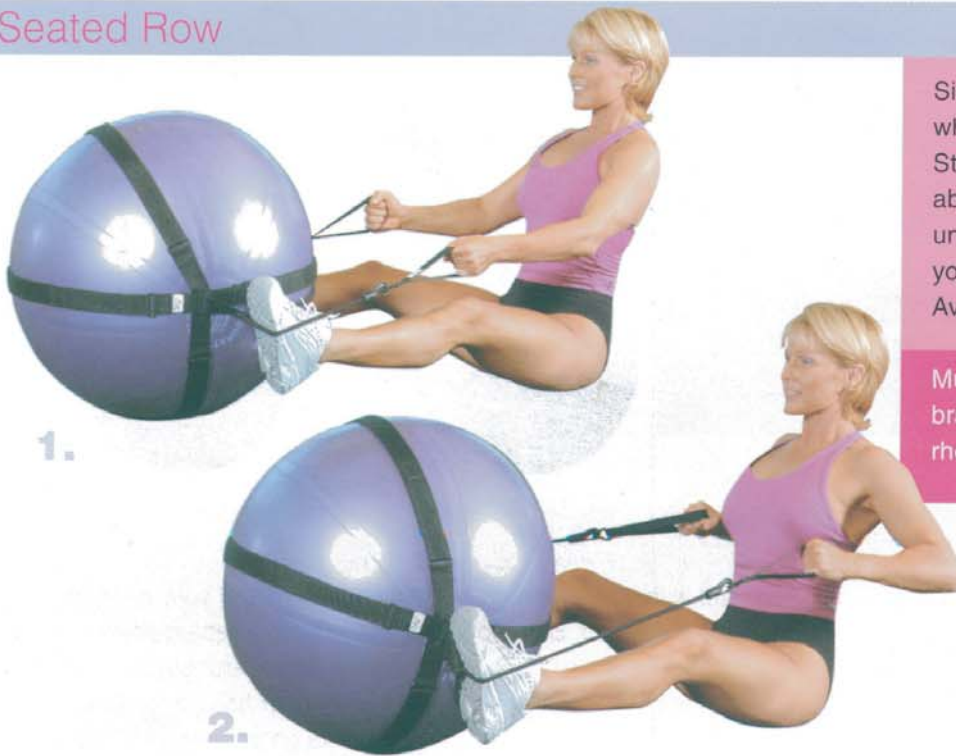


1.

2.



## Seated Row



Sit facing the ball. Place your feet on the cord where it passes through the loop on the ball. Steady your upper body and tighten your abdominal wall. Exhale and pull the handle until you touch your lower rib cage. Make sure your elbows travel back as far as possible. Avoid back injury by never rounding your back.

Muscles targeted: trapezius, posterior deltoids, brachioradialis, latissimus dorsi, teres major, rhomboideus major, erector spinae.

## Supine Press

Lie with your shoulders on the ball and your feet flat on the floor (legs at 90 degrees). You will need to stabilise your body strongly to do this exercise. The lower the ball is down your back the easier it will be to balance. With your upper arm parallel with the floor you should have some tension on the cord (you may need to shorten the cord with a slip knot). Press the handles back up and do an isometric contraction to work the upper chest muscles. Exhale as you complete the move. Don't let your bottom drop – keep your back nice and straight.

Muscles targeted: anterior deltoids, triceps brachii, pectoralis major, anconeus, hamstrings, gluteals.



## Seated Press

Sit on the ball with your back straight. Grip the handles so that your hands are level with your cheeks and slightly wider than your shoulders. Have your elbows out to the side. Steady your upper body and tighten your abdominal wall. Exhale as you press the cord above your head without arching your back.

Muscles targeted: triceps brachii, pectoralis major, anterior and middle deltoids. This exercise particularly challenges the segmental stabilisers of the spine.

