

ONE on ONE

Upper Body Balance

Volume 2

Date / Week											
Stability Ball Push-Ups											
Superman v-Up											
The Impossible Push-Up											
Row Your Boat											
2-ball Push-Ups Stack Feet											
Balancing Bicycle											
4-ball Push-up											
Boat Scissors											
Push-Up Side Arm Balance (on balls)											
Scissor Roll Ups											
Plyo Push-Up on Stability Ball											
Mason Twist With Straight Legs											
Travelling 3-ball Push-Ups											
Oblique Roll Crunch											
Swimmers Pushups (on balls)											
V-Gate ("Wie Geht's")											
Body-buster on a ball											

What you'll need: a Stability ball, four medicine balls (or a basketball or football), and a mat.
And perhaps some nasty maroon sewage water.

