

STEP 1



STEP 2



Prone Middle Trapezius with Legs Straight on Swiss Ball

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying on your front with your chest resting on a swiss ball and your legs straight.

Movement

Raise both arms out to your sides with your elbows straight and thumbs pointing up, then lower them back down and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Prone Middle Trapezius with Legs Straight and Dumbbells on Swiss Ball

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying on your front with your chest resting on a swiss ball and your legs straight, holding a dumbbell in each hand.

Movement

Raise both arms out to your sides with your elbows straight and thumbs pointing up, then lower them back down and repeat.

Tip

Make sure to keep your back straight and do not let your shoulders shrug during the exercise.

STEP 1



STEP 2



Half Kneeling Diagonal Chops with Medicine Ball

REPS: 10 | SETS: 3

Setup

Begin in a half-kneeling position, holding a medicine ball with both hands up to one side of your body.

Movement

Slowly pull the ball down and across your body in a diagonal movement, rotating your trunk, then return to starting position and repeat.

Tip

Make sure to keep your arms straight at the top and bottom of the movement, and activate your core muscles as you rotate your trunk.

STEP 1



STEP 2



Chest Press Supine Bridge on Swiss Ball

REPS: 10 | SETS: 3

Setup

Begin lying with your upper back resting on a swiss ball in a bridge position, holding a dumbbell in each hand, with your arms straight toward the ceiling.

Movement

Lower your arms until your elbows are bent at a 90 degree angle, then press your arms back toward the ceiling and repeat.

Tip

Make sure not to lower your arms past your body and do not let your hips fall toward the floor during the exercise.

STEP 1



STEP 2



Supine Shoulder Horizontal Abduction on Swiss Ball

REPS: 10 | SETS: 3

Setup

Begin lying with your upper back resting on a swiss ball and your body in a bridge position, holding a dumbbell in each hand with your arms straight together above your body.

Movement

Keeping your elbows straight, slowly separate your arms, lowering them toward the floor, then bring them back to the starting position and repeat.

Tip

Make sure not to lower your arms past your body and do not let your hips fall toward the floor during the exercise.

STEP 1



STEP 2



Supine Chest Fly on Swiss Ball

REPS: 10 | SETS: 3

Setup

Begin lying with your upper back resting on a swiss ball and your body in a bridge position, holding a dumbbell in each hand. Your arms should be bent at 90 degree angles and held together in front of your body.

Movement

Keeping your elbows bent, slowly separate your arms, lowering them toward the floor, then bring them back to the starting position and repeat.

Tip

Make sure not to lower your arms past your body and do not let your hips fall toward the floor during the exercise.