



01. lat stretch

start  finish 

02. gymball crunch

start  finish 

03. back extension

start  finish 

04. cobra

start  finish 

05. gymball push up

start  finish 

06. alternate arm seated row

start  finish 

07. shoulder press

start  finish 

08. bicep curl

start  finish 

gymball
intermediate

Exercise Ball At Home

M Carnoy



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