



**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

# Gym Ball Exercise Guide

**SB Merriam**



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