

BP FITNESS CENTER



Stability & Balance Program



1-3 WEEKS

disclaimer:

**CHECK WITH YOUR
DOCTOR BEFORE
BEGINNING AN
EXERCISE PROGRAM.
PARTICIPATION IN THIS
ONLINE FITNESS
PROGRAM IS
PARTICIPANT'S (YOUR)
VOLUNTARY CHOICE
AND YOU ARE
PARTICIPATING AT
YOUR OWN RISK.**

how to use this pdf

**THE WORKOUTS ARE IN
CHRONOLOGICAL ORDER. SO YOU
WILL SIMPLY**

**FOLLOW THE ORDER THAT THE
WORKOUTS ARE PRESENTED IN. FOR
VIDEO DEMONSTRATIONS, CLICK ON
THE EXERCISE. THIS WILL REDIRECT
YOU TO A YOUTUBE
DEMONSTRATION.**

track your progress

Having a way to track your progress during a program is so important. it helps you know what is and isn't working for you. there are many ways to track progress, for this particular program we suggest tracking body measurements. you can print out the worksheet from the pre-made workout programs homepage and simply follow the instructions on the page.

The Warmup

It is **crucial** to go through a warmup before beginning all of your workouts. Warming up is important for many reasons, such as: **injury prevention**, **result optimization**, and it helps you **get your mind ready** as well! Let's get started!

EXERCISE	SETS	REPS
LIGHT CARDIO	1 SET	5-10 MIN
<u>WORLD</u> <u>GREATEST</u> <u>STRETCH</u>	1-2 SETS	5 EACH SIDE

All movements should be performed at a **controlled pace**. You may add a set or a few reps if you feel you need additional reps to properly warm up.

Once completed, it's time to exercise!



week workouts

Day 1:

Balance & Stability Routine

Day 2:

30-60 Minutes Cardio

Day 3:

Balance & Stability Routine

Day 4:

30-60 Minutes Cardio

Day 5:

Rest

Day 6:

Balance & Stability Routine

Balance & Stability Program

MONDAY

Total Body: Ball Squat to Press

2 Sets 12 Reps

Chest: Ball Dumbbell Chest Press

2 Sets 12 Reps

Back: Ball Back Rows

2 Sets 12 Reps

Shoulders: Seated Stability Ball Press

2 Sets 12 Reps

Biceps: Single Leg Dumbbell Curl

2 Sets 6 each side

Tricep: Prone Ball Tricep Extensions

2 Sets 12 Reps

Leg: Reverse Lunge to Balance

2 Sets 12 Reps

Single Leg Arm Raise

2 Sets 12 Reps

For video demonstrations click the title/name of this workout. You will be redirected to a YouTube video demonstrating proper form and tempo for each particular movement.

Cardio Day

TUESDAY

**Complete 30-60 minutes of
Cardio of your choice
Examples...Walking, jogging,
swimming, biking, or dancing**

Balance & Stability Program

WEDNESDAY

Total Body: Ball Squat to Press
2 Sets 12 Reps

Chest: Ball Dumbbell Chest Press
2 Sets 12 Reps

Back: Ball Back Rows
2 Sets 12 Reps

Shoulders: Seated Stability Ball Press
2 Sets 12 Reps

Biceps: Single Leg Dumbbell Curl
2 Sets 6 each side

Tricep: Prone Ball Tricep Extensions
2 Sets 12 Reps

Leg: Reverse Lunge to Balance
2 Sets 12 Reps

Single Leg Arm Raise
2 Sets 12 Reps

For video demonstrations click the title/name of this workout. You will be redirected to a YouTube video demonstrating proper form and tempo for each particular movement.

Cardio Day

THURSDAY

**Complete 30-60 minutes of
Cardio of your choice
Examples...Walking, jogging,
swimming, biking, or dancing**

Rest Day

FRIDAY

Exercises listed together with the same letter are to be performed in a super set or circuit. For more info on super sets and circuits refer to the FAQ sheet on the Pre-Made Workout Programs home page.

**Great job! You
deserve a
break. :)**

Balance & Stability Program

SATURDAY

Total Body: Ball Squat to Press

2 Sets 12 Reps

Chest: Ball Dumbbell Chest Press

2 Sets 12 Reps

Back: Ball Back Rows

2 Sets 12 Reps

Shoulders: Seated Stability Ball Press

2 Sets 12 Reps

Biceps: Single Leg Dumbbell Curl

2 Sets 6 each side

Tricep: Prone Ball Tricep Extensions

2 Sets 12 Reps

Leg: Reverse Lunge to Balance

2 Sets 12 Reps

Single Leg Arm Raise

2 Sets 12 Reps

For video demonstrations click the title/name of this workout. You will be redirected to a YouTube video demonstrating proper form and tempo for each particular movement.