

# STRAPFITNESS

Easily add over 50 exercises to your fitness ball workout with the addition of Strapfitness and an exercise cord. For additional exercises and directions look below.

Abdominals:  
Resisted  
Crunches,  
Oblique  
Crunches,  
and Side



Chest: Incline,  
Decline, and Flat  
Press and Flyes.  
Exercises can be  
performed  
Bilaterally or



Shoulders: Shoulder Press,  
Military Press, Lateral Raise,  
Front Raise, and Shrugs.  
Exercises can be performed  
Bilaterally or Unilaterally



Triceps: Skull  
Crushers,  
Overhead  
Extensions, and  
Kick Backs.  
Exercises can be

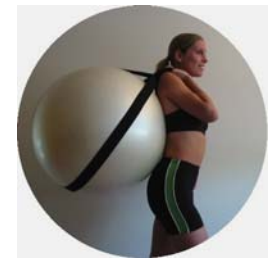


Biceps: Standard  
Curls, Hammer  
Curls, Preacher  
Curls, and  
Isolation Curls.  
Exercises can be  
performed



Upper Back:  
Mid Row,  
Rear Delt  
Row, Rear  
Delt Flyes,  
and Upright  
Row.

Strapfitness  
can also be  
used as a  
convenient  
carrying  
strap.



[www.motionfitness.com](http://www.motionfitness.com)

**Tips:** Place Strapfitness on ball with straps forming a cross at opposite ends of the ball. Run band through loop to hold in place. Band and loop should be under ball for all exercises, except where noted. Position of band under ball can be changed to increase or decrease resistance. Where noted exercises can be performed unilaterally.

## Exercises and Description

### **Abdominal Exercises**

1. Resisted Crunch: Lay with ball in middle of lower back, hold resistance cord over shoulders, perform crunch.
2. Diagonal Crunch: Same position as above, perform crunch while bringing one elbow toward opposite knee, alternate.
3. Side Bends: Sit upright on ball, hold one handle at shoulder and other at waist, contract obliques (one arm/side at a time) and bend toward hand at waist, alternate.

### **Chest Exercises**

4. Chest Press: Lay with ball under shoulders and head resting on ball, keep hips raised and legs bent. Press handles over chest by extending elbows.
5. Incline Press: Same position as above. Press handles up and backward over head.
6. Decline Press: Same position as above. Press handle up and downward over waist.
7. Chest Fly: Same position as above. With arms slightly bent at shoulder level bring handles together over chest. Keep arms slightly bent.
8. Incline Fly: Same position as above. Bring handles together over head.
9. Decline Fly: Same position as above. Bring handles together over waist.
- 10-15. All Chest Exercises can be also be performed unilaterally (one arm at a time)

### **Shoulder Exercises**

16. Shoulder Press: Sit on ball. Start with elbows level with shoulder, straighten elbows and press handles overhead.
17. Lateral Raise: Sit on ball. With arms slightly bent at side & palms facing down, raise handles to shoulder height.
18. Front Raise: Same position as above. Raise handles in front to shoulder height.
19. Shrugs: Sit on Ball. With arms to side shrug shoulders.
20. Rear Deltoid Raise: Sit on ball, bend over at hips. Grasp handles and raise slightly bent arms until parallel with floor.
- 21-25. All Shoulder Exercises can be performed unilaterally.

### **Upper Back Exercises**

26. Mid Row: With one knee on ball and same hand, grasp handle with opposite hand and bring handle towards stomach keeping elbow close to body.
27. Rear Delt Row: Same as above. Keep elbow at shoulder level as you pull handle up.
28. Upright Row: Sit on ball. With band between knees raise handles toward chin, keeping elbows up.
29. Unilateral Upright Row

### **Tricep Exercises**

30. Skull Crushers: Lying on ball with head resting on ball, upper arm perpendicular to floor, lower handles toward forehead, extends elbows.
31. Overhead Extension: Sit on ball. With arms extended above head, keep elbows at side of head, bend elbows, extend elbows overhead.
32. Kick Backs: With one knee and same hand on ball, grasp handle keeping elbow next to side, extend elbow so arm is parallel to floor.
- 33-34. Skull Crushers and Overhead Extensions can be performed unilaterally.

### **Bicep Exercises**

35. Standard Curls: Sit on ball with arms close to side. Curl handles up to shoulder height, return to side.
36. Hammer Curls: Same motion as above. Keep palms of hands facing each other (as opposed to facing up) throughout exercise.
37. Preacher Curls: Kneel on floor with ball on stomach, and upper arms resting on ball. Grasp handles perform curl.
38. Isolation Curls: Sit on ball and place on elbow on inside of thigh. Grasp handle, perform curl, alternate arms.
- 39-41. Standard, Hammer, and Preacher Curls can be performed unilaterally.

### **Forearm Exercise**

42. Forearm Extension: Sit on ball, rest forearms on legs. Grasp handle with palms down, lower handles and extend wrist.
43. Forearm Curl: Same position as above. Grasp handle with palms up, lower handles and curl wrist.
- 44-45. Both Forearm Exercises can be performed unilaterally.

### **Lower Back and Core Exercises**

46. Back Extension: Lay face down with ball at hips and feet braced. Hold handles to chest, lower upper body, straighten until torso is in line with legs.
47. Extension with Rotation: Same position as above. As body is raised rotate torso, alternate.
48. Pelvic Tilts: Sit on ball. Hold handles at shoulders. Move hips forward and backward.
49. Lateral Pelvic Tilts. Same position as above. Move hips side to side.
50. Pelvic Circles: Same position as above. Rotate pelvis in clockwise motion, switch to counterclockwise