

Stie Stanley's

workout

Photography by Charlie SURIANO

Ultimate Ball Leg Workout

With summer around the corner it's the perfect time to shape up for the hot season. These exercises are sure to deliver bikini body bliss.



Workout Method

Start off slowly, by performing only the number of sets and repetitions you feel comfortable with, i.e. 1x10 repetitions of each exercise to begin with. As you feel stronger, gradually increase your workload until you can complete 3x10 repetitions of each exercise. Keep the movements slow and controlled, and try not to compromise your body-form or exercise technique by using too heavy a ball. Remember to keep your rest periods to 45-90 seconds between exercises.

▶ WALL SQUATS

Stand with your feet no more than shoulder-width apart and place the ball between the small curve of your back and the wall. Keeping your head up and your back straight, slowly bend your knees to a squat and return to starting position, then repeat. Complete the required number of repetitions.



▶ EXT/CURLS

Standing behind the ball with your hands on your hips. Bend and lift your left foot and place it on top of the ball. Slowly extend your leg out from your body, then return to starting position. Complete the required number of repetitions, and repeat with the other leg.



▶ DONKEY KICKS

Lie with the ball under your stomach. Place both hands on the floor for support. Bend one knee and lift your foot towards the ceiling. Slowly lower and return to starting position, then repeat with the other leg.

▼ SQUAT AND LIFT

Stand with your feet no more than shoulder-width apart. Bend both knees so that you are squatting slightly. Place both hands either side of the ball. Shifting your weight backward, slowly straighten your legs to a standing position as you lift the ball to shoulder height. Raise the ball above your head, then lower the ball back to shoulder height and finally back to your starting position. Maintain a regular breathing pattern. Don't hold your breath.



LUNGES ▲

Stand with your feet together and your hands on your hips. Place one foot on the ball behind you. Slowly bend your front knee, ensuring that it does not pass your toes. Keep your back straight and your head erect. Don't lean forward as you lunge. Complete the required number of repetitions. Repeat this exercise leading with your other leg.

LEG CURLS

Lie on your back with your legs on top of the ball and your hands beside you for support. Squeeze your buttock and lift your hips up off the floor. Bring your heels in towards your buttock as the ball rolls backward, then extend your legs out as you roll the ball forward back to starting position. Remembering to keep the hips up at all times. Complete the required number of repetitions.



PELVIC TILTS

Lie on your back with your legs on top of the ball. Squeeze your buttock and lift your hips up off the floor. Lower back to starting position, and repeat.

