

JM Fitness Boot Camp TO GO

Written workout #15 - **Stability Ball Core/Cardio**

What You'll need:

#1 - **A Stopwatch**

#2 - **Stability Ball**

Instructions = 3 minutes of work and 1 minute of rest then move on to the next set of exercises. Count your reps. Do each exercise for 10 to 15 reps and switch back and forth between strength and cardio moves. Repeat circuit 2 times.

Circuit #1

Stability Ball Sit Ups <==> High Knees

Stability Ball Back Extension <==> Jump-N-Jacks

Stability Ball-in-hands Twists <==> Burpees

Stability Ball Opposite Arm/Leg Lifts <==> Side to Side Hop

Stability Ball Passover <==> Plank Jacks