

Workout of the Week

The Stability Ball

The Stability Ball will challenge your core and take your body to levels you never thought were possible. Come visit Ben in the fitness center for an awesome workout that will be sure to leave you satisfied and on your way to that summer body you want.

- Stability ball dumbbell presses- Great for chest strength and tight core!!
- Stability ball bridges- Awesome exercise for core, Butt, and Legs!!
- Stability ball Twists- Great for developing balance and strong abdominal muscles!
- Stability ball dumbbell rows- Perfect for engaging the core and strengthening the back!!!
- Stability ball Crunches- Awesome for taking your core to the next level!!
- Stability ball Planks- For those who dare..

All levels of fitness can be accommodated by Ben.
He can make the workout as hard, or as personalized as possible!

Summers just around the corner!!!

Hope to see you soon!!