

The 5 Fab Exercises to Make You Fit

People who haven't exercised for quite some time need to think about two words- Movement and core...

Instead of getting stressed out by all of the different ways of using a dumbbell- We need to keep it simple. Think about repetitive movement with your own body weight as the resistance.

All you need is a floor, a wall and a stayball (that fits your height) ...

Here are 5 exercises for someone who is has either not exercised for quite a while or also someone who is significantly overweight-

1-Wall push-up-ball goes at shoulder height against wall, step back and push in ball and back away- do this for 10 repetitions, 3 times. To challenge yourself you can lift one leg up off the ground while performing exercise

2-Wall squat-put ball at shoulder height, with arms extended fully and holding the ball on each side, roll ball down while bending and back up (don't worry if you can't go down very far to start)- do this for 10 repetitions, 3 times. Eventually you have a greater range of motion- to challenge yourself eliminate the wall, and squat with the ball alone

3-Seated march-Sit on ball with hands on each side. Raise one leg with bent knee then lower and raise opposite leg, do this for 1 min increments, 5 times- To challenge yourself, raise both arms straight out to the sides, making your upper body look like a T and perform the march.

4-Straight leg ball drops. Stand up with ball in hand. Stand with legs hip distance apart, lift the ball above head and lower down, while bending at the waist until the ball is in front of your knees and while keeping your legs straight. Do this 10 repetitions, 3 times. Challenge yourself by trying to touch the ground with the ball.

5-Girl throws. Stand with feet shoulder distance apart. Raise ball up above head, and while only bending the elbows, drop ball back, up, straighten arms and lower to chest. Do this for 10 repetitions, 3 times. Challenge yourself by adding a small squat to the movement when you bring the ball over.

These five exercises will hit every major muscle in your body as well as work to strengthen your core! The trunk of our body makes up 75% of our body mass...as we strengthen the core (the support system for everything we do, including picking up our kids and lifting a box) we become stronger to function doing everyday tasks. So we aren't just getting "good" at doing the gym stuff, we are getting great at doing the life stuff!