

30/30 Ball Workout

Exercise	Reps
Ab Crunches	30 seconds
Bench Cross-Step-Tap	30 seconds
Supermans w/ Shoulder Press	30 seconds
Bench Step-ups	30 seconds
Pikes	30 seconds
Crouching Skaters	30 seconds
Wide Plie Squat w/ Around the World	30 seconds
Bench Cross-Step-Tap	30 seconds
Ball Pass-Throughs	30 seconds
Bench Step-ups	30 seconds
Hamstring Curls	30 seconds
Crouching Skaters	30 seconds
Right Side Lying Crunch	30 seconds
Bench Cross-Step-Tap	30 seconds
Left Side Lying Crunch	30 seconds
Bench Step-ups	30 seconds
Swans & Grasshoppers	30 seconds
Crouching Skaters	30 seconds