

## SWISS BALL AB BUSTER WORKOUT

For best results and less fatigue, practice Swiss ball and interval training exercises on alternate days. You can, however, combine these workouts to save time. Follow a reduced-calorie Mediterranean diet to promote fat loss and improve metabolic health.

### MONDAY: SWISS BALL EXERCISES

EXERCISE	SETS	REPS
ROLLOUT	1-3	1-2,10*
PIKE	1-3	1-2, 10*
CURL-UPS	1-3	10
PLANK (HOLD FOR 10-30 SECS)	1-3	1-3
THREE-POINT PLANK (HOLD FOR 10-30 SECS)	1-3 EACH LEG	1-3 EACH LEG
SIDE PLANK (HOLD FOR 10 SECS)	1-5	1
BACK EXTENSION (HOLD FOR 10-30 SECS)	1-5	1

### TUESDAY: HIGH-INTENSITY INTERVAL TRAINING ON STATIONARY BIKE OR ELLIPTICAL TRAINER

Choose a tension on the bike or elliptical trainer that provides resistance yet allows you to exercise at between 60 to 120 revolutions per minute.

Warm-up at a slow pace on your chosen exercise device for three to six minutes

Exercise for 30 seconds at 100 percent of maximum capacity (full effort sprint!)

Rest 4 minutes.

Repeat exercise plus rest sequence 4 to 8 times. The secret of HIT training is to exercise as intensely as possible and take the full 4 minutes of rest between exercises to promote recovery.

### WEDNESDAY: SWISS BALL EXERCISES (SAME AS MONDAY)

### THURSDAY: HIIT TRAINING (SAME AS TUESDAY)

### FRIDAY: SWISS BALL EXERCISES (SAME AS MONDAY)

### SATURDAY: HIIT TRAINING (SAME AS TUESDAY)

### SUNDAY: REST

\*Begin with 1-2 reps and progress until you can do 10 reps