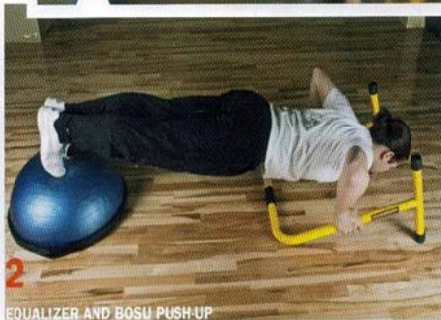
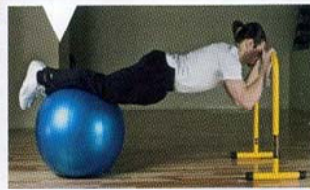


1  
EQUALIZER AND STABILITY  
BALL SKULL CRUSHER



2  
EQUALIZER AND BOSU PUSH-UP

1 Balancing your knees on a stability ball, hold on to the equalizer and keep your elbows pointing forwards. Hinge at the elbows and bring your body down in a straight line.

Perform six repetitions for four sets.

2 Start in push-up position with your feet on the BOSU. Complete a push-up, and then jump into the equalizer.

Perform twelve repetitions for four sets.



3  
EQUALIZER PISTON SQUAT



4  
EQUALIZER AND STABILITY  
BALL SPIDERMAN PLANK

3 Standing on a single leg, balance an equalizer on your other foot, and hold the leg out. Keeping your leg straight, proceed into a deep squat, and then come up.

Perform six repetitions for four sets.

4 With your elbows on a Stability Ball place your feet onto the Equalizer and hold position. Bring your right knee to your right elbow and then alternate.

Alternate sixteen repetitions for four sets.

This workout sponsored by:



Demir Mulalic is a certified PFT with Mount Royal College, as well as a resistance-training leader with the Alberta Fitness Leadership Certification Association (AFLCA). Mulalic is certified in Agatsu Kettle Bell, TRX, Fitness Kickboxing, and GolfFit.