

STRETCHING EXERCISES WITH THE BALL

- READ INSTRUCTIONS BEFORE DOING THE STRETCH
- BREATHING SHOULD BE NATURAL AND RHYTHMICAL DURING THE STRETCH
- WARM-UP THOROUGHLY BEFORE YOU STRETCH
- DO AT LEAST 3 REPETITIONS TO EACH STRETCH
- HOLD STRETCHES FOR A MINIMUM OF 15 SECONDS
- TO INCREASE YOUR FLEXIBILITY HOLD THE STRETCHES FOR LONGER (30-60 SECONDS)

RELAXATION STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Relax your feet, back, neck and shoulders.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an exercise.



UPPER BACK STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor and lean back on the ball.
- 3. Lift your arms and lean back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the stretch 3 times to stabilize your body throughout an exercise.



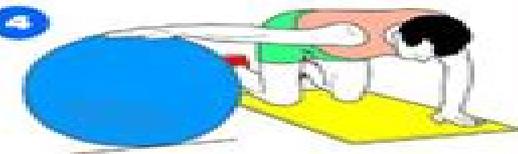
FULL SPINE STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor and lean back on the ball.
- 3. Lift your arms and lean back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the stretch 3 times to stabilize your body throughout an exercise.



PECTORAL STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor and lean back on the ball.
- 3. Lift your arms and lean back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the stretch 3 times to stabilize your body throughout an exercise.



SIDE FLEXION STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor and lean back on the ball.
- 3. Lift your arms and lean back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the stretch 3 times to stabilize your body throughout an exercise.



LATISSIMUS STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor and lean back on the ball.
- 3. Lift your arms and lean back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the stretch 3 times to stabilize your body throughout an exercise.



GLUTEAL & PIRIFORMIS STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor and lean back on the ball.
- 3. Lift your arms and lean back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the stretch 3 times to stabilize your body throughout an exercise.



ADDUCTOR STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor and lean back on the ball.
- 3. Lift your arms and lean back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the stretch 3 times to stabilize your body throughout an exercise.



HIP FLEXOR STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor and lean back on the ball.
- 3. Lift your arms and lean back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the stretch 3 times to stabilize your body throughout an exercise.



HAMSTRING STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor and lean back on the ball.
- 3. Lift your arms and lean back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the stretch 3 times to stabilize your body throughout an exercise.



QUADRICEPS STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor and lean back on the ball.
- 3. Lift your arms and lean back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the stretch 3 times to stabilize your body throughout an exercise.



CALF STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor and lean back on the ball.
- 3. Lift your arms and lean back on the ball.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the stretch 3 times to stabilize your body throughout an exercise.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

Ball Stretching Guide

J Dewey



Ball Stretching Guide:

Ball Stretching Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Ball Stretching Guide**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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