



EXERCISE BALLS SHOULD ALWAYS BE USED WITH EXTREME CAUTION.

WARMUP

A warm up walk, run, bike or similar activity is recommended to increase circulation.

- Beginner
- Intermediate
- ◆ Advanced



GENERAL BALANCE

LESS DIFFICULT

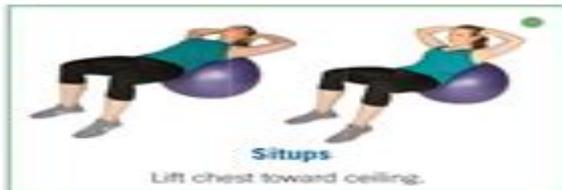
MORE DIFFICULT



UPPER BODY



CORE/TRUNK



LOWER BODY



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Exercise Ball For Beginners

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Exercise Ball For Beginners:

Unveiling the Magic of Words: A Overview of "**Exercise Ball For Beginners**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Exercise Ball For Beginners**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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