

# 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 in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



## UPPER BACK STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



## FULL SPINE STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



## PECTORAL STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



## SIDE FLEXION STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



## LATISSIMUS STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



## GLUTEAL & PIRIFORMIS STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



## ADDUCTOR STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



## HIP FLEXOR STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



## HAMSTRING STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



## QUADRICEPS STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



## CALF STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout an entire breath.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

# Ball Stretching Guide

**Michael Brown**



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## **Table of Contents Ball Stretching Guide**

1. Understanding the eBook Ball Stretching Guide
  - The Rise of Digital Reading Ball Stretching Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Ball Stretching Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Ball Stretching Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Ball Stretching Guide

- Personalized Recommendations
  - Ball Stretching Guide User Reviews and Ratings
  - Ball Stretching Guide and Bestseller Lists
5. Accessing Ball Stretching Guide Free and Paid eBooks
    - Ball Stretching Guide Public Domain eBooks
    - Ball Stretching Guide eBook Subscription Services
    - Ball Stretching Guide Budget-Friendly Options
  6. Navigating Ball Stretching Guide eBook Formats
    - ePub, PDF, MOBI, and More
    - Ball Stretching Guide Compatibility with Devices
    - Ball Stretching Guide Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Ball Stretching Guide
    - Highlighting and Note-Taking Ball Stretching Guide
    - Interactive Elements Ball Stretching Guide
  8. Staying Engaged with Ball Stretching Guide
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Ball Stretching Guide
  9. Balancing eBooks and Physical Books Ball Stretching Guide
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Ball Stretching Guide
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Ball Stretching Guide
    - Setting Reading Goals Ball Stretching Guide
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Ball Stretching Guide

- Fact-Checking eBook Content of Ball Stretching Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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