

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)

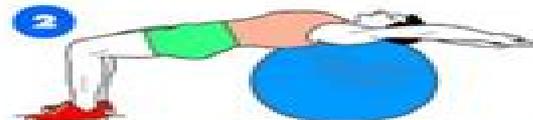
RELAXATION STRETCH

- 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 day.



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 day.



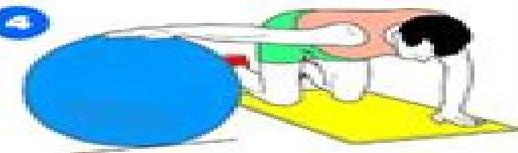
FULL SPINE STRETCH

- 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 day.



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 day.



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 day.



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 day.



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 day.



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 day.



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 day.



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 day.



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 day.



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 day.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

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web section 27 3 a deals with cases where the consideration for the sale is to be provided directly or indirectly from outside the group this provision must be considered whenever there is any

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web 27 1 subject to section 28 of this act every person guilty of an offence under section 3 of this act shall be liable a where the relevant controlled drug is cannabis or cannabis resin and the court is satisfied that the person was in possession of

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web may 25 2020 section 27 3 of the sta stipulates that a right to the exclusive use of a part or parts of the common property delineated in terms of section 27 2 of the sta may be transferred to the owner or owners by the registration of a notarial deed entered into by the owner or owners and the body corporate which shall represent the owners of all

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web dec 4 2018 the tribunal will have to decide whether to consent to the landlord s notice to quit having regard to the conditions specified in section 27 3 of the 1986 act specifically the tribunal will have to establish that the landlord s proposal to terminate the aha tenancy is in the interests of

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