

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 exercise 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 pull them over your head.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 8. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 9. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 10. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 11. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 12. Repeat the exercise 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 pull them over your head.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 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 pull them over your head.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 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 pull them over your head.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 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 pull them over your head.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 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 pull them over your head.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 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 pull them over your head.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 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 pull them over your head.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 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 pull them over your head.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 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 pull them over your head.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 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 pull them over your head.
- 4. Hold the stretch throughout the length of your breath.
- 5. Repeat the exercise 3 times to stabilize your body throughout an exercise.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

Ball Stretching Guide

Wolfgang Guggemos



Ball Stretching Guide:

The Enigmatic Realm of **Ball Stretching Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Ball Stretching Guide** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect on the hearts and minds of those who partake in its reading experience.

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