

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 entire day.



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 entire day.



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 entire day.



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 entire day.



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 entire day.



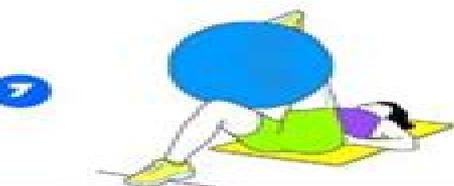
LATISSIMUS STRETCH

- 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 entire day.



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 entire day.



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 entire day.



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 entire day.



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 entire day.



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 entire day.



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 entire day.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

Ball Stretching Guide

JR Anderson



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distribución y consumo mediante procesos especializados durante las cadenas de montaje a través del uso de maquinaria
herramientas procesos químicos etc mediante los procesos de transformación la manufactura aporta un

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económicas donde se transforman las materias primas en productos listos para ofrecer al mercado es decir los tipos de
manufactura son las categorías en las que pueden agruparse los sectores económicos dedicados a crear