

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.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Breathe in and hold your breath for 15 seconds.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Relax your feet, back, neck and shoulders.
- 8. Hold the stretch throughout the length of your breath.
- 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.



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.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Breathe in and hold your breath for 15 seconds.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Relax your feet, back, neck and shoulders.
- 8. Hold the stretch throughout the length of your breath.
- 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.



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.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Breathe in and hold your breath for 15 seconds.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Relax your feet, back, neck and shoulders.
- 8. Hold the stretch throughout the length of your breath.
- 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.



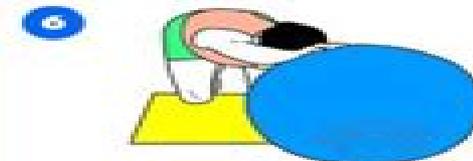
SIDE FLEXION STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Breathe in and hold your breath for 15 seconds.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Relax your feet, back, neck and shoulders.
- 8. Hold the stretch throughout the length of your breath.
- 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.



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.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Breathe in and hold your breath for 15 seconds.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Relax your feet, back, neck and shoulders.
- 8. Hold the stretch throughout the length of your breath.
- 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.



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.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Breathe in and hold your breath for 15 seconds.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Relax your feet, back, neck and shoulders.
- 8. Hold the stretch throughout the length of your breath.
- 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.



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.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Breathe in and hold your breath for 15 seconds.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Relax your feet, back, neck and shoulders.
- 8. Hold the stretch throughout the length of your breath.
- 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.



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.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Breathe in and hold your breath for 15 seconds.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Relax your feet, back, neck and shoulders.
- 8. Hold the stretch throughout the length of your breath.
- 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.



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.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Breathe in and hold your breath for 15 seconds.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Relax your feet, back, neck and shoulders.
- 8. Hold the stretch throughout the length of your breath.
- 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.



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.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Breathe in and hold your breath for 15 seconds.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Relax your feet, back, neck and shoulders.
- 8. Hold the stretch throughout the length of your breath.
- 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.



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.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Breathe in and hold your breath for 15 seconds.
- 6. Repeat the exercise 3 times to stabilize your body throughout an exercise.
- 7. Relax your feet, back, neck and shoulders.
- 8. Hold the stretch throughout the length of your breath.
- 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.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

Ball Stretching Guide

KJ Lindholm-Leary



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currently the julian calendar is 13 days behind the gregorian calendar so to convert from the julian calendar to the gregorian calendar add 13 days to convert in the opposite direction subtract 13 days the gap between the two calendar

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specifically for dates on or before 4 october 1582 the julian calendar is used for dates on or after 15 october 1582 the gregorian calendar is used thus there is a ten day gap in calendar dates but no discontinuity in julian dates or days of the week 4 october 1582 julian is a thursday which begins at jd 2299159 5 and 15 october

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