

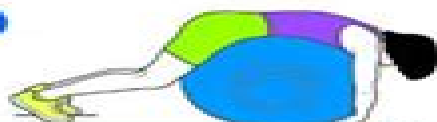
STRETCHING EXERCISES WITH THE BALL

- 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

- Place the ball under your head and rest your head on the floor in front of the ball.
- Relax the neck and shoulders and allow the head to rest on the ball.
- Hold the stretch throughout the length of your neck.
- Repeat the exercise on the other side of your neck.

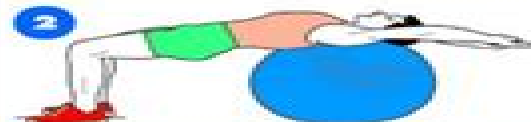
1



UPPER BACK STRETCH

- Place the ball under your lower back. Rest of your feet on the floor to support your back.
- Rest your head on the floor.
- Lift the hips and arch the lower back, pulling the shoulders up and back.
- Lift the shoulders and pull the arms up and back, pulling the shoulders up and back.
- Lift the shoulders and pull the arms up and back, pulling the shoulders up and back.
- Lift the shoulders and pull the arms up and back, pulling the shoulders up and back.
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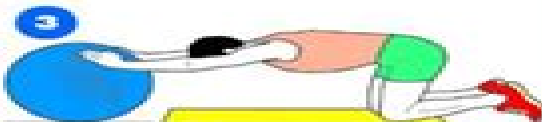
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FULL SPINE STRETCH

- Place the ball under your head and rest your head on the floor.
- Lift the hips and arch the lower back, pulling the shoulders up and back.
- Lift the shoulders and pull the arms up and back, pulling the shoulders up and back.
- Lift the shoulders and pull the arms up and back, pulling the shoulders up and back.
- Lift the shoulders and pull the arms up and back, pulling the shoulders up and back.

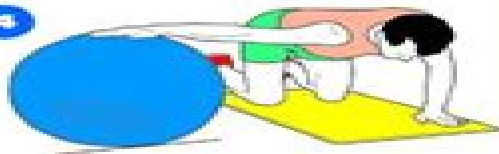
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PECTORAL STRETCH

- Resting with right hand on ball, bend on hip and support upper body on left arm with hand.
- Lift the right arm and pull the head and neck towards the right arm, stretching the right shoulder.
- Repeat the exercise on the other side of your neck.
- Repeat the exercise on the other side of your neck.

4



SIDE FLEXION STRETCH

- Resting the ball under the left arm, resting against your left hip.
- Lift the right arm and pull the head and neck towards the right arm, stretching the right shoulder.
- Repeat the exercise on the other side of your neck.
- Repeat the exercise on the other side of your neck.

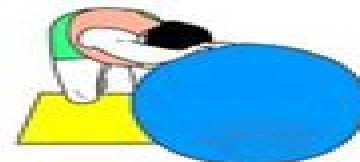
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LATISSIMUS STRETCH

- Resting with right hand on ball, bend on hip and support upper body on left arm with hand.
- Lift the right arm and pull the head and neck towards the right arm, stretching the right shoulder.
- Repeat the exercise on the other side of your neck.
- Repeat the exercise on the other side of your neck.

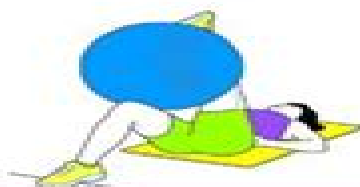
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GLUTEAL & PIRIFORMIS STRETCH

- Resting the ball under the right arm, resting against your right hip.
- Lift the left arm and pull the head and neck towards the left arm, stretching the left shoulder.
- Repeat the exercise on the other side of your neck.
- Repeat the exercise on the other side of your neck.

7



ADDUCTOR STRETCH

- Resting the ball under the right arm, resting against your right hip.
- Lift the left arm and pull the head and neck towards the left arm, stretching the left shoulder.
- Repeat the exercise on the other side of your neck.
- Repeat the exercise on the other side of your neck.

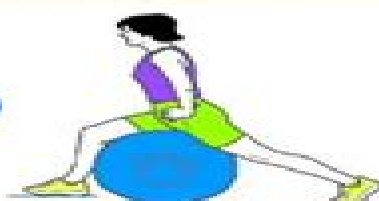
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HIP FLEXOR STRETCH

- Resting the ball under the right arm, resting against your right hip.
- Lift the left arm and pull the head and neck towards the left arm, stretching the left shoulder.
- Repeat the exercise on the other side of your neck.
- Repeat the exercise on the other side of your neck.

9



HAMSTRING STRETCH

- Resting the ball under the right arm, resting against your right hip.
- Lift the left arm and pull the head and neck towards the left arm, stretching the left shoulder.
- Repeat the exercise on the other side of your neck.
- Repeat the exercise on the other side of your neck.

10



QUADRICEPS STRETCH

- Resting the ball under the right arm, resting against your right hip.
- Lift the left arm and pull the head and neck towards the left arm, stretching the left shoulder.
- Repeat the exercise on the other side of your neck.
- Repeat the exercise on the other side of your neck.

11



CALF STRETCH

- Resting the ball under the right arm, resting against your right hip.
- Lift the left arm and pull the head and neck towards the left arm, stretching the left shoulder.
- Repeat the exercise on the other side of your neck.
- Repeat the exercise on the other side of your neck.

12



• WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

Ball Stretching Guide

Roman Wölfel

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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