

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

Minjie Lin



Ball Stretching Guide:

This book delves into Ball Stretching Guide. Ball Stretching Guide is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Ball Stretching Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Ball Stretching Guide
 - Chapter 2: Essential Elements of Ball Stretching Guide
 - Chapter 3: Ball Stretching Guide in Everyday Life
 - Chapter 4: Ball Stretching Guide in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Ball Stretching Guide. This chapter will explore what Ball Stretching Guide is, why Ball Stretching Guide is vital, and how to effectively learn about Ball Stretching Guide.
3. In chapter 2, the author will delve into the foundational concepts of Ball Stretching Guide. This chapter will elucidate the essential principles that must be understood to grasp Ball Stretching Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Ball Stretching Guide in daily life. The third chapter will showcase real-world examples of how Ball Stretching Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Ball Stretching Guide in specific contexts. The fourth chapter will explore how Ball Stretching Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Ball Stretching Guide. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Ball Stretching Guide.

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