

# 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 in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



## UPPER BACK STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



## FULL SPINE STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



## PECTORAL STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



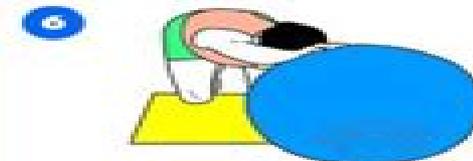
## SIDE FLEXION STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



## LATISSIMUS STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



## GLUTEAL & PIRIFORMIS STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



## ADDUCTOR STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



## HIP FLEXOR STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



## HAMSTRING STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



## QUADRICEPS STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



## CALF STRETCH

- 1. Place the ball on the floor in front of you and sit on the Ball in front of the ball.
- 2. Relax the ball on the floor in front of you and sit on the Ball in front of the ball.
- 3. Hold the stretch throughout the length of your breath.
- 4. Repeat the stretch 3 times to stabilize your body throughout the rest of the day.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

# Ball Stretching Guide

**Annelies Wilder-Smith**



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web soft hand a hand that contains an ace that can be counted as 11 is called a soft hand since one cannot bust by taking a card with soft hands the basic strategy is to always hit 17 or less and even hit 18 if the dealer s up card is 9 or 10 where the 10 refers to a 10 j q or k doubling down

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century