



EXERCISE BALLS SHOULD ALWAYS BE USED WITH EXTREME CAUTION.

WARMUP

A warm up walk, run, bike or similar activity is recommended to increase circulation.

- Beginner
- Intermediate
- ◆ Advanced



GENERAL BALANCE

LESS DIFFICULT

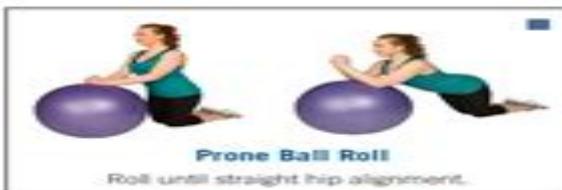
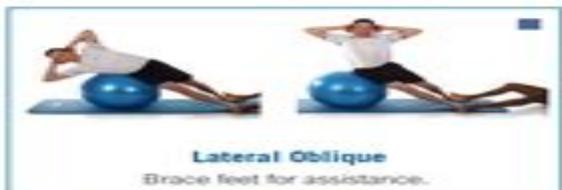
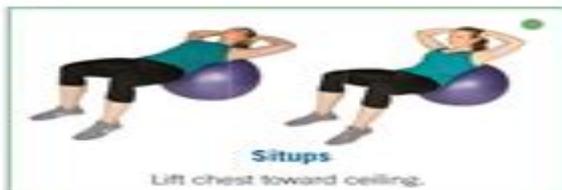
MORE DIFFICULT



UPPER BODY



CORE/TRUNK



LOWER BODY



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Exercise Ball For Beginners

Marco Casella



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