

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. Lift your arms and hold them straight out in front of you.
- 4. Lift your head and neck and look straight ahead.
- 5. Hold the stretch for 15 seconds.
- 6. Repeat the exercise 3 times.
- 7. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 8. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 9. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 10. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 11. To increase your flexibility hold the stretch for longer (30-60 seconds).
- 12. To increase your flexibility hold the stretch for longer (30-60 seconds).



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. Lift your arms and hold them straight out in front of you.
- 4. Lift your head and neck and look straight ahead.
- 5. Hold the stretch for 15 seconds.
- 6. Repeat the exercise 3 times.
- 7. To increase your flexibility hold the stretch for longer (30-60 seconds).
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- 12. To increase your flexibility hold the stretch for longer (30-60 seconds).



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. Lift your arms and hold them straight out in front of you.
- 4. Lift your head and neck and look straight ahead.
- 5. Hold the stretch for 15 seconds.
- 6. Repeat the exercise 3 times.
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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. Lift your arms and hold them straight out in front of you.
- 4. Lift your head and neck and look straight ahead.
- 5. Hold the stretch for 15 seconds.
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- 12. To increase your flexibility hold the stretch for longer (30-60 seconds).



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. Lift your arms and hold them straight out in front of you.
- 4. Lift your head and neck and look straight ahead.
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- 12. To increase your flexibility hold the stretch for longer (30-60 seconds).



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. Lift your arms and hold them straight out in front of you.
- 4. Lift your head and neck and look straight ahead.
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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. Lift your arms and hold them straight out in front of you.
- 4. Lift your head and neck and look straight ahead.
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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. Lift your arms and hold them straight out in front of you.
- 4. Lift your head and neck and look straight ahead.
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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. Lift your arms and hold them straight out in front of you.
- 4. Lift your head and neck and look straight ahead.
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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. Lift your arms and hold them straight out in front of you.
- 4. Lift your head and neck and look straight ahead.
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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. Lift your arms and hold them straight out in front of you.
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- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

Ball Stretching Guide

Didier Musso



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