

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 entire day.



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. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Push your arms against the ball.
- 6. Hold the stretch for 15 seconds.
- 7. Repeat the exercise 3 times.
- 8. Repeat the exercise 3 times to stabilize your body throughout an entire day.



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. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Push your arms against the ball.
- 6. Hold the stretch for 15 seconds.
- 7. Repeat the exercise 3 times.
- 8. Repeat the exercise 3 times to stabilize your body throughout an entire day.



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. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Push your arms against the ball.
- 6. Hold the stretch for 15 seconds.
- 7. Repeat the exercise 3 times.
- 8. Repeat the exercise 3 times to stabilize your body throughout an entire day.



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. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Push your arms against the ball.
- 6. Hold the stretch for 15 seconds.
- 7. Repeat the exercise 3 times.
- 8. Repeat the exercise 3 times to stabilize your body throughout an entire day.



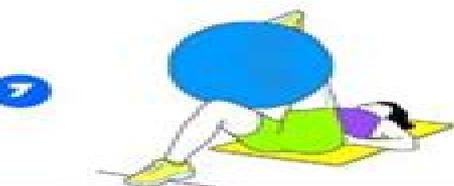
LATISSIMUS STRETCH

- 1. Place the ball on the floor in front of you and sit on the ball.
- 2. Rest your feet on the floor.
- 3. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Push your arms against the ball.
- 6. Hold the stretch for 15 seconds.
- 7. Repeat the exercise 3 times.
- 8. Repeat the exercise 3 times to stabilize your body throughout an entire day.



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. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Push your arms against the ball.
- 6. Hold the stretch for 15 seconds.
- 7. Repeat the exercise 3 times.
- 8. Repeat the exercise 3 times to stabilize your body throughout an entire day.



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. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Push your arms against the ball.
- 6. Hold the stretch for 15 seconds.
- 7. Repeat the exercise 3 times.
- 8. Repeat the exercise 3 times to stabilize your body throughout an entire day.



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. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Push your arms against the ball.
- 6. Hold the stretch for 15 seconds.
- 7. Repeat the exercise 3 times.
- 8. Repeat the exercise 3 times to stabilize your body throughout an entire day.



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. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Push your arms against the ball.
- 6. Hold the stretch for 15 seconds.
- 7. Repeat the exercise 3 times.
- 8. Repeat the exercise 3 times to stabilize your body throughout an entire day.



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. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Push your arms against the ball.
- 6. Hold the stretch for 15 seconds.
- 7. Repeat the exercise 3 times.
- 8. Repeat the exercise 3 times to stabilize your body throughout an entire day.



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. Lean your upper back against the ball.
- 4. Lift your arms and hold them straight out in front of you.
- 5. Push your arms against the ball.
- 6. Hold the stretch for 15 seconds.
- 7. Repeat the exercise 3 times.
- 8. Repeat the exercise 3 times to stabilize your body throughout an entire day.



- WORK WITH YOUR INSTRUCTOR FOR BEST RESULTS

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SJ Ball



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